THE CHARACTER BUILDER

A JOURNAL OF HUMAN CULTURE AND HYGEIO-THERAPY.

Old Series Vol. 17, No. 6.

JUNE, 1904.

New Series Vol. 5, No. 2.

EDITORIAL.

The Character Builder uses the reformed spelling recommended by the National Educational Association.

JUVENILE CRIMINAL COURTS. For some time there has been considerable discussion thru the press and in public gathering concerning the necessity of special justice courts for juvenile offenders. Such changes in the judicial machinery of our government would, no doubt be a great improvement on present conditions, but after all they do not remove the cause of the evil. The youthful criminals that are already produced must be provided for, but how infinitely more important that the causes which produce crime be removed. In a recent number we called attention to two evils. under the heading of "Two Vice and Crime Incubators." The evil environment of messenger boys and news boys was shown as a cause of social evils. The article called forth the following excellent advice from an ex-newsboy who is now a well-known and respected citizen, but who claims that that service was detrimental to him because of the bad environment. He gives the following sound advice to parents:

Prof. John T. Miller,

Editor Character Builder.

Dear Sir:—I have read your interesting article, "Two Vice and Crime Incubators," in the last number of your magazine. Let me add a few words more on the subject, a few words of warning to parents who might be tempted some time in the future to let their sons become news boys, or join the messenger force. I wish that these articles could reach those parents whose children are at present engaged in such vocations. They are the ones, above all

others, who ought to be labored with.

I want to say to parents, if you value the moral character of your sons, never let them go on the streets to sell newspapers, or enter the messenger service. speak from personal experience. spent one year and a half of my boyhood life selling newspapers, and I am not at all proud of the experience I got during that time. I was a regular "Greenhorn" when I went into the business, but I wasn't so green when I come out of it. I know my parents thought that I was almost as innocent as a lamb, but I knew different. I knew a great many things that they didn't think I knew, and had it not been for the grace of God I fear that I would have fallen into some of the whirlpools of vice into which I have seen a number of my companions fall.

I am the father of six children, and will say that I would almost as leave follow one of them to the grave as to see him join the newsboys' force. speaking for my wife, I know that she would a thousand times rather take in washing than suffer one of her children to go out selling papers. As I walk thru the streets of our city and see the poor little fellows who ought to be subjects of their parents' tenderest care, quarreling, fighting, cursing, chewing, smoking, gambling, my heart almost bleeds in pity for them. Their parents have certainly made a sad mistake.

True, we find on the rolls of fame, the names of quite a number of men who began life as newsboys, but there are others who also begon life in the same way, and their names can be found on the rolls of reform schools, and on police and asylum records. There are in America today hundreds of lazy, drunken bums who, had it not been for the fact that they commenced life as newsboys and messengers, might now be decent men,



respectable members of society. I know some boys myself who entered the messenger service almost as innocent as angels, but today they are lower, very wery much lower than those heavenly beings.

Why parents will sell their children, soul and body, for a few paltry dollars, I can't make out. Can you?

AN EX-NEWSBOY.

Our esteemed contemporary "Truth," copied the article and devoted considerable space to a discussion of the evils mentioned and suggesting a remedy The writer of the article in Truth has our thanks for calling our attention to Ella Wheeler Wilcox's poem, "The Need of the People." It may be of interest to our readers, as it points out the needs of today:

Oh, ye men who prate of college,
And of books as doors to hope,
Go and gain the living knowledge
Where the toiling people grope.
Like the plants in shadowy places,
They are needing sun to bloom—
They are hungering for life's graces,
They are wanting light and room.

Give them something more of pleasure
Than ten million dollar tomes;
Give them work and give them leisure,
Give them clubs and give them homes.
Open wide the door of beauty
And invite the people in—
And you'll find the paths of duty
Better filled than paths of sin.

Oh, I cannot sit debating
On the issues of a creed,
With the mighty work that's waiting
And the world's tremendous need,
And the cold and costly steeple
Brings no pennies from my purse,
While the people, people, people
Groan beneath oppression's curse.

While the tenements are reeking
With the striving, toiling poor,
Do not send your churchmen seeking
Help for heathens to my door.
Let them go where sin carouses,
Or where seething sweatshops stand;

Let them see the slaughter houses Of the children of our land.

True reform has one beginning—
The right hand of brotherhood,
Would you help men out of sinning?
Would you lead them into good?
Would you teach that Christ has risen?
Prove it by your deeds of worth,
It you want to close the prison,
Beautify the homes of earth.

It was further suggested that conditions should be made such that the fathers and the mothers of these boys who are being led astray will not be compelled to send their children into either of these, or any other objectionable employment. We heartily approve of this suggestion, but realize that some time will be required to bring about the desired change. Our suggestion in original article was that adults who are incapable of doing more laborous work might sell papers, as quite a number of such are now doing. Not many years ago a large per cent of bootblacks were boys, but now all that work is done by adults. It is certainly desirable that social conditions be so modified boys will not be required to work in such an environment to earn the necessaries of life. Gambling with their nickels is an every-day pastime with a large num-They become initiated into her of them. social vices from which it will be very difficult to extricate themselves. these causes could be removed there would be fewer juvenile criminals and less need for juvenile criminal courts. Here is work and a subject for study of those who will aid in overcoming the causes of vice and crime.

MEDICAL INTOLERANCE. As long as a practitioner in the medical profession follows strictly orthodox lines many of his natural and acquired defects are overlooked by his fellow practitioners, but the moment he dares to leave the beaten track he is in danger of being ostracised by his medical brethren, no matter how good his character or how conscientious his practice. The history of medicine furnishes many in-

stances of intolerance that retarded the progress of the true healing art. An illustration of such intolerance is found in the experience of Dr. Holmes, who was for about forty years a professor in Harvard Medical college. He delivered a number of lectures on sanitary science and against excessive drug medication. His opinion on the evils of drugging was very pronounced, but one that has since been quite generally accepted in the profession and by the laity. On page 94 of "Physical Development" Dr. Nathan Allen gives the following account of Dr. Hel: es' exprience: "In pursuing this line of thought, Dr. Holmes expressed very positive opinions, accompanied with reasons and illustrations, that too much molicine altogether was given by the include, and that there were great evil grider from over-medication. For this comion, Dr. Holmes was not only several criticised by prominent physici. . in der unced and abused, if har in the riang could do it. But reacti n n fellowed this violent attack. The it mation led many physicians to a nor of the careful state of the natural laws of circase and the true effor iruns. Grat mod came out of the centr versy. Dr. Holmes, instead of bive injured, onthered new laurels. Many time phy icins seeing the proprict; and force of his strictures, struck out a new course in their practice.

There can be no doubt in the mind of any itelligent observer and student of medical practice, that even at the present time drug medication is entirely too common and is producing permanent injury in many who are subjected to such medical treatment. Every physician is permitted to practice as he pleases without incurring the displeasure of his orthodox brethren of the profession as long as he carries the orthodox label, but let him publicly question the efficacy of any generally accepted practice or dogma and he will find he is doing so at a great cost. Some look upon every effort to abolish obsolete medical practices as a personal attack upon themselves as Dr. John Mackintosh said half a century ago in his "Practice of Medicine:" "The

author most heartily deplores the morbid sensibility and irritability which exists among medical men—no parallel of which can be found in the history of any other liberal profession. Few medical men can bear to know that the soundness of their opinions has been questioned; they regard any such attempt as a signal of personal deadly hatred, and view it in the same light as if their moral character were assailed. On what circumstance does this frame of mind depend? The author has always attributed it to an overwhelming conceit, selfishness and pussilaminity."

Human nature is much the same as it was half a century ago, but public sentiment has changed so materially on questions pertaining to the healing art that important truths will not be kept from humanity simply because they do not meet the approval of a few selfconstituted sensors. The tendency toward greater freedom in medical research and practice is indicated in an editorial in the "Medical Priot" for February, 1904, by Dr. Lawrence. He says:

Do not follow "Investigate freely. anybody. Wherever you find anybody is trying to lead you, kick. Open your ries wider. We need more kickers in the medical profession. If, in the course of our investigations you change your opinion, whether political, medical or religious, do not hesitate to say so frank-The world is always changing its opinions. Things become fads and then pass out. As one lives and moves, he may change his opinions until he goes round the circle and gets back to his starting place. This is not at all to a man's discredit. The mind is finite and the point of view is affected by changing environment and natural development.

"Whatever you do, do not be led. Continue to be yourself thru all the changes of life. Do not be afraid of any other man who considers himself an oracle. Do not care for his displeasure at your independence. All successful men have been independent thinkers. Dare to give your patients what you think is best for them, no matter what anybody says. If you believe a thing is

bad, say so; if you think it is good, say Mental freedom is our greatest possession, the fundamental condition of

all happiness and progress.

"To be sure, we still have a few selfconstituted leaders who try to put dogcollars on doctors, and lead where they will, but the work of selfemancipation is well under way, and

nothing can stop it.

"The greatest evidence of the progress made in medicine is the increasing broadness of the profession: Doctors are no longer to be governed thru their preju-Their self-constituted leaders do not like this, and are making mighty efforts to regain their sovereignty. Mrs. Partington with her broom could as easily sweep back the Atlantic ocean as can a handful of medical censors dominate

the great medical profession."

These remarks apply to the vaccination and anti-toxin superstitions that are being so blindly pursued by the unthinking portion of the profession after the most eminent investigators of the world have abandoned them. In Salt Lake City we have new evidence of the narrowness of orthodox medicine. soon as the mayor suggested Dr. Donglas for the office of city physician the medical society objected to his appointment, because he opposed compulsory vaccination a few years ago when an attempt was made to compel all school children to be vaccinated. As the public becomes more familiar with the real merits of prevailing medical practice and the intolerance that exists in the medical profession conditions will be greatly modified.

-0-PLANES OF LIFE. There is a physical plane; a social plane; an intellectual plane; an esthetic plane; a moral plane, and a spiritual plane of life. All the people of the earth are scattered along these planes. Savages and barbarians live on the physical plane. Their entire thought and effort is devoted to securing that which gratifies appetites, passions and physical needs. On the social plane are found beings of a higher development, whose social nature as well as the purely physical has been awakened. The intellectual plane embraces a class of persons who may be highly cultured, but are deficient in moral and spiritual development. esthetic plane qualifies one to appreciate the treatise of art and nature. who live on the moral plane may have all the lower powers awakened and well developed, but the spiritual powers of reverence or veneration and spirituality may be dormant. All belonging to these planes are mental cripples as literally as the person who has lost the use of a limb or of any organ of the body is physically crippled. Those who live on the spiritual plane must have the spiritual powers developed in harmony with all the others in order to give the most perfect development. It has been said: "Educate a man's head (intellect) and you have an infidel; educate his (heart) emotions and you have a lunatic; educate both and you have noblest work of God." Each per Each should inspect his mental powers to find on which plane he lives, and after finding the defects should struggle to overcome them. Progress is not usually made without an effort.

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During the first twelve days of June the editor of the Character Builder will be at the World's Fair, if nothing unexpected prevents. His headquarters will be at the Dodd's Hygeian Home on Washington Boulevard, St. Louis, and he will be pleased to make appointments to meet any of the readers of the Character Builder or other friends who may be at the Fair during that time.

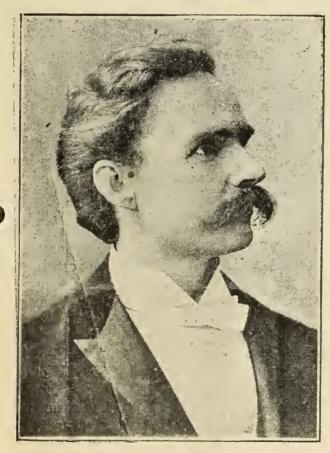
Human Nature Department, ****

HDFFBD BY N. Y. SCHOFIELD, F. A. I P.

NEWTON N. RIDDELL.

Delineation from photograph. Dictated by N. Y. Schofield.

The writer took occasion to call upon Dr. Riddell in his office in New York City some years ago, but unfortunately—perhaps for both—Mr. Riddell was away, and never having had the pleasure of meeting him, the short sketch which



follows is merely the writer's opinion formed by a study of the photograph that appears herewith.

Doubtless if proper measurements were obtainable we should find exceptional material for an interesting and valuable study in human mature, as only a glance is needed to perceive in this countenance a reflection of the intelligence within. There is here unmistakable evidence of culture, refinement and yery strong moral qualities combined

with remarkably active intellectual pow-The frontal lobe, also the superioranterior regions of the brain is immensely developed and whatever peculiarities of character and habits may arise from comparative weakness in other directions not discernable in the cut, but doubtless well known to his immediate associates. we are absolutely positive that the organs composing the intellectual moral groups not only dominate character, but constitute the warp woof of ambition and all that is expressed by life and activity. The selfish propensities are relatively weak and subordinate to the higher mental, spiritual and esthetic nature. The lower portion of the face and the back head, together with the neck, corresponds with the apparent absence, in a relative sense, of the animal nature, and relieves him even from the suspicion of anything gross. sensual or avaricious, while on the other hand, the pose of the head, the fixed. upward glance of the eye and the general contour of the brain indicate a hopeearnest disposition, with strong moral, benevolent and intellectual aspirations that have for their culmination the permanent improvement of his man. Mr. Riddell is a humanitarian in the strictest sense, benevolence being a pronounced faculty, creates a bond of brotherhood and sympathy for mankind at large, that warms and tempers his feelings towards them as the gulf stream operates to counteract or modify the cold currents from the north. He is a man with a mission and purpose in life. He will be earnest and zealous in his labors to do good and has no secrets to hide from the world. There is evidence of considerable ambition, strong persistence and a truly devout religious nature. He will be quick, fluent and flowery in speech, active in thought and expression, and capable of displaying at pleasure markable powers of imitation, mirthfulness and all the emotions essential in the successful orator or actor. He has strong intuition, giving him clear and accurate insight into human nature and the motives that actuate others. He is a keen observer, a good thinker and possesses both tact and talent to a degree not enjoyed by the average individual. Selfesteem does not appear to be developed on a par with the faculties previously named, hence his success in life will be due to his untiring energy and wonderful hope, based on practical ability to perform any labor undertaken, rather than to any inflated notions of superior powers, or to excessive dignity, as a matter of fact it would appear that he is lacking somewhat in this quality and will have more confidence in others than faith in himself. He is warm and genial in friendship, sincere in purpose, honest in statement, sensitive in his nature and possesses far more intellectual skill than physical strength.

BIOGRAPHICAL.

By John T. Miller.

Professor Riddell is not a stranger to the readers of the Character Builder. During the last few years he has become well and favorably known in the intermountain region thru his books. For a number of years the writer has been acquainted with Professor Riddell correspondence and four years ago he had the pleasure of spending a day with him and his family at their home in Chi-Altho comparatively a young man, Mr. Riddell has done a great work for humanity. His efforts have been among the most earnest, intelligent, convincing and elevating that have been made for the moral advancement of the race. His life has been a remarkably busy and unselfish one. He has not accumulated material wealth, but has already earned and received the gratitude of hundreds of thousands, perhaps millions of his fellow-men for leading them to a higher, purer and noble life.

Mr. Riddell was born in Iowa in 1862, and moved to Nebraska with his parents in 1864. He attended the public schools

Transfer to the same

of Lincoln and worked on the farm during his boyhood years. He pursued a medical course for two years, but left the medical profession in order to study and lecture on socialogical subjects. In 1887 he graduated from the American Institute of Phrenology in New York. and has since that time devoted most of his time to lecturing and writing on human culture subjects. He has traveled constantly for fifteen years, and has studied social conditions in almost every section of North America. He has studied thousands of the criminal and dependent classes and has gathered much important data on heredity, criminology, vice and on kindred subjects. His recent work on heredity and prenatal culture is the best work that has been written for the unprofessional or popular reader, and his earlier work on human nature is a most valuable treatise on the human mind and body. He has filled about 3,000 lecture engagements and has made more than 25,000 delineations of character. Many of his lectures have been given under the direction of the Chautauguas and the Y. M. C. A. The press in all parts of the country speak. in the most complimentary terms of Mr. Riddell's work. His lectures were published and created much interest in the work among those who had no opportunity to hear him. Two Hundred Points on Family Government, Character Building, Manhood, Blunders of Life and Mistakes of the Age, The Solution of the Liquor Problem, Womanhood and his other published lectures have been a source of inspiration to many. His two largest books are Heredity and Prenatal Culture, and Human Nature Explained. If he had done nothing for humanity except write these books he would have won the respect and gratitude of his fellow-men. his smaller works, Child Culture, The New Man, A Plain Talk to Boys, and 100 Life Lessons are gems on the several subjects treated in them. years ago, when we began our work of publishing the Character Builder and books on human culture, Professor Riddell permitted us to publish an edition of

Child Culture, and of A Plain Talk to Boys for distribution in the inter-mountain region, 12,000 copies of the first and 10,000 copies of the second were published; about half of them have already been sold, and the success of our work is due in a large measure to the aid received from this source, as every dollar that has been received from the books has been devoted to the cause. Other evidences of his unselfishness are known to us. Mr. Ridde'l has shown by his works that he believes in laying up his treasures where neither moth nor rust corrupt and where thieves cannot break in and steal. His entire thought and life is devoted to the uplifting of humanity, and he is ably supported in the work by a faithful and devoted wife.

Being still in the prime of life we may hope for his influence to increase for many years to come. His achievements have cost an effort and furnish another instance where the farm boy by earnest work and noble ambitions was transformed into the polished orator and the facile, impressive, vigorous writer whose influence will bless humanity thru all future ages.

THE TEMPERAMENTS OR PHY-SICAL TYPES.

By John T. Miller.

The powers and activities of the mind are known to us by their action on the Physical and mental capacities body. and abilities of individuals are indicated by the form and structure of the body. There are three distinct physical types and many degrees of differences. Thes types are determined by the predominance of certain organs. In the animal organism there are three classes of organs: 1. Organs of nutrition, such as the heart, lungs, liver, stomach, intestines, pancreas, spleen, etc. 2. Organs of motion: bones, ligaments and muscles. 3. Organs of sensation: brain and nerves. When either class is much more strongly developed than the others a distinct physical type results, and certain mental powers are associated with each type. These physical types are called temperaments.

The study of temperament received attention among considerable Greeks. Aristotle wrote a book on the temperaments. Until less than a century ago the classification was based upon the complexion and diseased conditions of the body. That classification is now known as the pathological. For our purpose the anatomical classification, based upon the structure of the human body, is preferable. In the old classification there are the bilious, san-. guine, nervous and lymphatic temperaments. These terms are misleading. Some persons in whom the nervous system predominates are not nervous. There are persons that have the bilious temperament who object to the term because they say they were never bilious in their life. Those who should be placed in the sanguine class are often heard to say that they are not sanguine in their nature. In the anatomical classification these difficulties are overcome.

The terms motive, vital and mental used in this classification do not convey the desired meaning, the words, motor, nutritive and sensory are suggestive of the three systems upon which these temperaments or types are based, and are more suggestive.

In future articles photographs will be used to illustrate the types. The physical characteristics of each type, with the corresponding mental tendencies, will be given in order that each student may study his own temperament and classify his associates. In human nature there is no study more fundamental than temperament. We know that some persons are tall, others are short; some are slender, others are corpulent; some are slow, others are quick; some are awkward, others are active; but few people study the cause for these conditions.

One of the greatest benefits of a knowledge of temperament is that we learn which organs of our body are defective, and by scientific methods may correct the defect. All normal human beings have the same number of mental faculties and bodily organs, yet no two

are alike. There are general laws that apply to all, but each individual is a law unto himself. This individuality is stamped on the physical organization, and may be modified by the thoughts and life of the person. When one follows intellectual pursuits exclusively, the organs of sensation receive special development, and the organic quality of the body is refined. All kinds of physical labor develops the organs of motion. Food, exercise, sleep, air, sunshine, mental conditions, etc., modify the development of the various organs, and thus influence temperament.

FOR US.

Charlotte Perkins Gilman.

If we have not learned that God's in man, And man is God again; That to love thy God is to love thy brother,

And to serve the Lord is to serve each other,
Then Christ was born in vain.

If we have not learned that one man's life
In all men lives again,
That each man's battle fought alone,

Is won or lost for every one,—
Then Christ hath lived in vain.

If we have not learned that death's no break

In life's unceasing chain;
That the work in one life well begun,
In others is finished, by others is done,—
Then Christ hath died in vain.

If we have not learned of immortal life,
And a future free from pain;
The kingdom of God in the heart of man,
And the living world on Heaven's plan,—
Then Christ arose in vain.

COLORS.

Colors not only influence cattle, but human beings also. On this point some curious experiments were reported from Italy as to the effect of colors on the nerves of the sick and insane. In the hospital for insane at Allessandria special rooms are arranged with red or blue paint on the walls. A violent patient is brought suddenly into a blue room and left to the effects of that color on his nerves. One maniac was cured in an hour; another was at peace in his mindatter passing a day in a room all violet. The red room is used for the commonest

form of dementia (melancholy), usually accompanied by a refusal to take food. After three hours in the red room, a patient afflicted in this way began to be cheerful and asked for food.—The World's Events.

THE PHILIPPINE INDEPEND-ENCE COMMITTEE is composed of more than forty eminent Americans. President Eliot of Harvard, Bishop Potter, Judge Gray of Delaware, President Jordan of Leland Stanford University and Wayne MacVeagh are among its members. The committee will do what it can to commit either or both great political parties to the independence of the Philippines, on terms similar to those granted Cuba. This is a move in the right direction and will remove one cause of contention among American citizens. The humane spirit and the desire for justice is growing and will, in time, secure for all their rights.

A NEW ASPECT OF LOVE.

In our teachings on love, it seems to me that we have left out a very important thing, and that is the necessity of loving our bodies. By our bodies I do not mean only the mind which governs the body, but the body itself, the actual flesh and blood body. The beautiful machine which we have built up to express us.

Just the beliefs of our grand-parents and our parents have helped to make us what we are—ignorant or wise, sick or well, as the case may be. Then when we begin to think for ourselves, we continue the work already begun for us, and generally in much the same line that we have started, so our bodies are built up out of a mixture of race beliefs.

So far as I can remember, I was taught that our bodies were no good, we were worms of the dust, that to look in the glass was a vain thing to do, and not good. To love the body would be a most terrible sin. No one dreamed of saying we must love our bodies.—Eltka.

EDUCATIONAL NOTES.

LAWLESS CONDITIONS.

The following is an appeal by the Educational Council of Colorado Teachers' association, to parents, teachers, school officers, the public press, and the courts, in behalf of law and order, in accord with a resolution of the National Educational association, adopted July 1903, which says: "Disregard for law and for its established modes of procedure is as serious a danger as can menace The restraint of passion a Democracy. by respect for law, is a distinguishing mark of civilized beings. To throw off that restraint, whether by appeals to brutal instincts or by specious pleas for a law of nature which is superior to the laws of man, is to revert to barbarism. It is the duty of the schools to so lay the foundations of character in the young that they will grow up with a reverence for the majesty of the law. Any system of school discipline which disregards this obligation is harmful to the child and dangerous to the state. A Democracy which would endure must be as law-abiding as it is liberty-loving."

The Educational Council of Colorado, after careful inquiry during the past year into existing conditions in schools and colleges thruout the country as regards decorous conduct and obedience to law among pupils and students both in and out of school, regrets to affirm as its deliberate opinion that these conditions, at least in many localities and institutions both in Colorado and elsewhere, are such as to call for the serious consideration of all the webtful people.

tion of all thoughtful people.

This opinion is founded upon disgraceful occurrences which are alarmingly frequent, and of which the following are

typical illustrations.

r. The organization in all grades of schools from the elementary school to the college, of "strikes," so-called, to compel those in authority to grant vacations, lengthen recesses, discharge or reinstate

teachers, remit the punishment of fellowstudents who are under discipline for committing serious offences, thus often paralyzing, in whole or in part, the work of the schools.

2. The treatment of school and parental authority with insolence and contempt when it is opposed to the carrying out of student ideas of "fun" or whims

born of the mob spirit.

3. Riotous conduct on the street, in public conveyances, theatres, public halls and other public places in utter disregard of the rights of others and of the refinements of demeanor that should characterize ladies and gentlemen, apparently under the assumption that membership in educational institutions justifies such conduct.

4. Deliberate insults to teachers and others in authority under circumstances which, if tolerated, render it practically impossible to exercise discilpine or main-

tain authority.

5. Class contests which cripple, temporarily at least, the work of the school, and lead to the invasion of the private dwellings, the destruction of public and private property, thus entailing not only pecuniary loss upon the community, but also irreparable loss of time upon students and teachers.

6. Serious bodily injuries and even death, resulting from hazing, fraternity

initiations, and class fights.

7. The subordination of everything else by students and too often by instructors to the preparation of athletic contests, thus making a business of athletics to the detriment of true ideals of

sport.

The frequency of such occurrences fully justifies grave apprehension lest the schools, instrumentalities which exist at the expense of the state for the purpose of protecting the state by training for intelligent, patriotic citizenship, may become rather a menace to the state by bringing together large numbers of im-

pulsive, irresponsible young people under conditions favorable to manifestations of mob spirit and without restraints sufficient to prevent or control such manifestations.

While society cannot expect immunity from youthful indiscretion, lawlessness, and crime, the school and college should ever stand firmly for order, reverence for, and obedience to, law, and, tho ephemeral disturbances may cause annoyance and even apprehension, the tide of sentiment among educators should ever set strongly toward higher standards of conduct and social service.

The oft-repeated plea that "boys will be boys," and that "young people ought to be allowed to have a good time," is not worthy of a moment's serious consideration when offered in extenuation of such acts as those enumerated. deplore the sentiment that seems to have gained so strong a hold upon minds that dissipation, rowdyism and lawlessness are essential to the happiness of young people or that they add anything to their real enjoyment; and it is with a view to making their school life more truly happy that we appeal to parents and teachers generally to give their fullest co-operation to all efforts to eliminate these evils from student life.

There is no more important function of school and home training than teach obedience to law and respect for lawful authority, without which popular government cannot long endure, and when our young citizens imbibe the notion in any way that the deliberate violation of either school law or civil law is a matter to be treated lightly, there cause for grave apprehension. It is unpatriotic and un-American to allow a school boy to suppose that what the law justly characterizes as a crime is only a harmless prank when committed by himself. vet it is only too evident that laxity of school and home discipline is producing just this impression upon the youth of this age and generation.

We are convinced that the conditions which we have enumerated are due in large measure to dangerous excesses in the encouragement of class spirit, athletic

contests and social pleasures. Such recreations are undoubtedly good and wholesome when kept within reasonable bounds, but it does not follow that they can be given a free rein without bringing serious results. There should be the fullest co-operation between the home and the school in an earnest effort to put them upon a proper basis as valuable auxiliaries to educational work instead of permitting them to overshadow more important matters.

We earnestly appeal to directors and boards of control in all classes of schools to strengthen the hands of those who are in direct charge of the management and discipline, both by effective legislation against lawless acts and by firm support in the enforcement of such legislation. With special earnestness do we address this appeal to boards of control in the higher institutions, for it appears that one of the chief incentives to lawlessness in elementary and secondary schools is the example set by students in the higher institutions.

We earnestly appeal to the representatives of the press to aid the cause of education by giving fair and uncolored accounts of lawless and rebellious conduct on the part of pupils and students, and by refusing to represent the perpetrators of lawless deeds as heroes or martyrs, or by entirely ignoring such occurrences. We also urge that careful supervision be exercised over school and college papers with regard to such accounts.

We express our gratitude to courts which have co-operated other educational agencies in convincing children and youth that any misdemeanor or crime will meet with the punishment it deserves, and that pupils in the public schools are amenable to the law to the same extent as other citizens. We deem it a wrong both to society and to young offenders themselves to them to assume that they are privileged characters and may trample the laws of their country under their feet with impunity, when they should be made to understand that a crime is a crime, whether committed by a school boy or by some one else. We feel it would be a serious error for any court to discharge any incipient criminal without an attempt to impress him with the seriousness of his offense.

Fully realizing that the home, the school, the press, and the courts have individually done all they could do to aid in suppressing lawlessness among young people, we believe that existing conditions demand the energetic co-operation of all these agencies.—Pennsylvania School Journal.

During the past month two of the most worthy citizens of this earth have passed to the great beyond. Altho both of these eminent persons were located in one coutnry, their influence has been felt for good thruout the world. Both reached a ripe old age. Samuel Smiles is known on both hemispheres thru his books. "Self-Help, Character and Thrift." Few men have had a greater influence over young people than Samuel Smiles, altho he has passed away, his influence for good will affect generations yet unborn. He was indeed a baracter builder and deserved the admiration and respect of his fellowmen.

Frances Power Cobbe was in her 82nd year at the time of her death, and she fought to the time of her death for truth and for justice to her fellow creatures. She was so full of sympathy for her fellow creatures that her combativeness was aroused whenever an injustice was done any of them, and she devoted her life to fighting the battles of the helpless. Samuel Smiles and Frances Power Cobbe labored for the establishment of a nobler manhood and a truer womanhood. They were real nation builders.

Congressman Shafroth of Colorado did a fine act by renouncing his seat in the house when he found that his majority had heen padded by fraudulent votes. It is a commentary on our politics, however, that an act of such obvious merality should he heralded as a thing so surprising. Probably Mr. Shafroth will in the end lose nothing hy his honorable attitude; at least he will have the satisfaction of mird that comes with fearless honesty. Few men, however, are so scrupulous as he showed himself.

THE TYRANNY OF FASHION.

(By Mrs. Eda Dehlin, Instructor in Domestic Science, L. D. S. University.)

It has been written: "Man's inhumanity to man makes countless thousands mourn," and it might be truthfully added of our present generation: Woman's inhumanity to herself affect nations yet unborn.

Upon opening a current fashion book a few days ago, the writer was struck with the following advertisement: "Fashion says, 'hips in.' Our model is one that reduces the hips to conform with present modes in gowns." In glancing over the fashions contained in the book and in fact all fashion books of the day, one becomes familiar with the same idea. There is a limit to the saying: "Better be out of the world than out of fashion." One does not wish to attract attention, either by eccentricity in dress or by eagerly conforming to every new fad in fashion, at its first approach. The well-dressed woman, the woman who is respected by her own as well as the stronger sex, is she who has no desire to attract attention, either by her dress or actions; who fashions her gowns to fit the body her Creator gave her to care for and preserve in a state of health, and not to warp and twist it out of shape to conform to foolish modes, introduced by women whose names are unfit to be breathed in the pure atmosphere of home. One cannot go against fashions and customs, especially when they are pleasing and harmless, but when the body must conform to the pattern of the gown, it is time for sensible people to draw the line.

WHAT EARNEST WORK WILL DO.

Philadelphia has a Vegetarian church, presided over by the Rev. Henry S. Clubb, who for over seventy years has followed the doctrine of vegetarianism. A vegetarian mission is connected with the church and the following figures tell their own story. In a short time 70,000

guests have been served with lodging and 460,000 guests with meals. There a week's lodging with three meals a day, with the use of a bath, a shaving set and the laundry, costs \$1.12. The lodging is clean, the bath is of porcelain, the shaving set better than the average barber's and the laundry is well

equipped.

A sign gives the following prices:

2 rolls or 4 slices of bread. I cent
Peanut butter I cent
Cup coffee (cereal) I cent
Bowl soup I cent
Mush and milk 2 cents
Oatmeal and milk 2 cents
Pudding 2 cents
Stewed potatoes 2 cents
Peas 2 cents
Stewed tomatoes 2 cents
Macaroni 2 cents
Stewed fruit and sauce 2 cents

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Mary J. Studley, M. D., connected a long time with the State Normal School for Girls at Farmington, Mass., says: "It has been my privilege, for more than twenty-five years, to be intimately associated with young woman, either as a teacher in the school room in the earlier years, or as medical practitioner or teacher of hygiene during the latter ones, and every day's added experience only confirms me in the position I have occupied from the first relative to the various forms of nervousness which characterize our sex. That position affirms that the best possible balance for a weak, nervous system is a well-developed muscular system. Weak, shaky, hysterical nerves always accompany soft, flabby muscels, and it is a mournful fact that the majority of the young women whom I meet in schools are notably deficient in muscular development."—Physical Development, by Nathan Allen, M. D.

Rev. T. DeWitt Talmage, in a sermon on "Tobacco and Opium," once said:

"One reason why there are so many victims of this habit is because there are so many ministers of religion who smoke

They smoke until they get and chew. the bronchitis, and the dear people have to pay their expenses to Europe. They smoke until the nervous system breaks down. They smoke themselves to death. There has been many a clergyman whose tombstone was all covered with eulogy, which ought to have had the honest epitaph: 'Killed by too much Cavendish.' Some of them smoke until the room is blue, and their spirits blue, and the world is blue, and everything is blue. How can a man preach temperance to the people when he is himself indulging in an appetite like that? I have seen a cuspidor in a pulpit, where the minister can drop his quid before he gets up to read about 'rolling sin as a sweet morsel under the tongue,' and in Leviticus to read about the unclean animals that chew the cud. I have known Presbyteries, and General: Assemblies, and General Synods, where there was a room set apart for the ministers to smoke. O! it is a sorry spectacle—a consecrated man, a holy man of God, looking around for something which you take to be a larger field of usefulness. He is only looking for some placewhere he can discharge a mouthful of tobacco juice."—Selected.

RECITATION METHOD WRONG. President Woodrow Wilson of Princeton repudiated the present methods of college instruction, and especially the recitation system, in an address before the Schoolmasters' Association, at New York. He declared that the recitation was practically useless in developing any initiative in the student, and that the elective system was not much better. He said there was no place for the lecturer or teacher who merely tried to impart information; he could only outline a subject and stimulate interest. The proper way was to give the student material to work with and tell him to get the results himself, holding him responsible at examination.

When nations calling themselves Christian have 2,000,000 men under arms, and spend more for rum and war than they do for religion, how can they say "Merry Christmas?"

******* Publisher's Page, *******

The CHARACTER BUILDER

For Home and School.

A magazine devoted to Physical, Intellectual, Social, Moral and Spiritual Training.

\$1.00 A YEAR, IN ADVANCE.

Published by the HUMAN CULTURE COMPANY, Salt Lake City, Utah.

Entered November 29th, 1902, at Salt Lake City, Utah, as second-class matter under Act of Congress of March 3rd, 1879.

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Reminiscences, Nahum Capen, \$1.00. Is Man Alone Immortal? Adams, \$1.00. Expression, Sir Chas. Bell, \$1.00.

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A Natural System of Elocution, Hyde, \$2.00.

Marvels of Our Bodily Dwelling, Wood-Allen, \$1.10.

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The Well Dressed Woman, Ecob, \$1.00. Womanly Beauty, 20 Authors, \$1.00.

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True Manhood, Shepherd, \$1.00. For Girls, Shepherd, \$1.00.

Science in the Kitchen, Mrs. Kellogg, \$2.25.

The Doctors Plain Talk to Boys, English, 51.00.

The Doctors Plain Talk to Girls, English, \$1.00.

Hygiene of the Brain, Holbrook, \$1.00.

The Science of a New Life, Cowan, \$3.00. Tokology, Stockham, \$2.25, \$2.75. In a Nutshell, Dio Lewis, 75 cents.

New Methods in Health and Disease, Forest, \$1.00.

Nature's Household Remedies, Oswald, \$1.00.

4 4 Suggestions to Parents and Teachers. 4 4

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THE EDUCATION OF THE FU-TURE. Under this title an excellent article by Eltweed Pomeroy, A. M., appeared in "Arena" of May, 1904. thoughts there expressed are not the imagiantions of an idle dreamer, but are the products of clear observation and vigorous thinking. No radical change is advocated. All that is good in the present system is to remain, but the power to do receives much more attention. child is to become stronger physically and shall be instructed in the laws governing his own development. After giving an outline of the improvements that are to be made in physical and mental training, Prof. Pomeroy says: "A gymnasium will be attached to every school-house and in it there will be a physical laboratory where every boy and girl will be measured and examined physically, told their defects and how to remedy them. Hygiene, sanitation, etc., are already being taught, but largely from second-hand They will be vitally connected books. with the physical laboratory.

"There is another branch of physiology which is now not only neglected, but indecently smothered, which in the education of the future will be taught carefully and thoroly. At the proper age, by mature, discreet teachers, the young of both sexes will be told in this physical laboratory about their sexual natures and the laws which govern reproduction, and how they can beget the best children and become fitting physical mates, the girl for a wife and the man for a husband. A false modesty relegates the acquirement of a haphazard knowledge of the most important side of every man's and woman's nature to the chance indecencies of the street. Many a life is wrecked from lack of such training. The state is eternal. It depends for its future on the children to be. In this light, child-bearing is a social and state function. This fact will be recognized in the training which the state will give to the youth of

both sexes in sexual matters. Of course this training will have to be done with scientific plainness, truth and modesty."

Dr. Karl G. Maeser was a pioneer in this specific training among the young people of the Intermountain region. For seven years the editor of the Character Builder has taught these subjects during most of that time conducted classes for young men in higher institutions of learning in this region. The false modesty that has prevented proper instruction in these subjects is rapidly disappearing. Proper instructions in heredity, parenthood, and personal purity will greatly reduce the social evils that are common today, and will aid in developing a stronger and more perfect race of men and women. Much physical weakness and disease attributed to other causes is produced by secret vices and sexual excesses. The cigarette has been made the scapegoat of all the ailments of boys and young men, and any attempt to under-estimate its evil effects should be severely criticised, but if the truth were generally known it might be safe to say without fear of successful contradiction, that the abuse of the sex function is a greater cause of physical degeneracy than the cigarette or tobacco evil.

In teaching the youth the laws advocated above, the morbid should be eliminated as much as possible. Positive instructions should be given the same as in any other science. Every possible effort should be made to keep the morbid and the obscene from the youth. We have stated in the Character frequently Builder that if obscene conversations and pictures, and books that produce obscene thoughts could be kept from young people, a social evil would be greatly reduced. This fact cannot be too frequently stated, and every intelligent person should use his influence to stamp those conspicuous and evident causes of degeneracy. The interest in this important phase of education is growing so rapidly that the most pessimistic should become hopeful and should aid in establishing better conditions.

After the revival of learning in Europe, a liberal education consisted mainly of language or word study, mathematics was later needed in the establishment of the physical sciences. Later a study of geology, astronomy, botany, zoology and other studies were considered essential in a liberal education. Now man is being studied, and the laws governing his physical, social, intellectual, esthetic, moral and spiritual powers are being applied for his own development and for the advancement of the race. The light of truth is becoming more brilliant every year and all will be able to see it, except those who close their eves to it or wear spectacles with opaque glasses in them. These truths deserve the best thought and effort of humanity.

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THE DOUBLE STANDARD. Libertinism, seduction and vice are all fostered in society and kept alive by that erroneous, one-sided, abominable, mediaeval idea that "it is man's privilege to try and woman's to denv." And tho you may disagree with me here, I must deny and denounce this commonly accepted claim as criminally wrong. woman is the weaker vessel what right has man to throw upon her the entire weight of keeping this master passion? This accursed idea that it is a young man's privilege to test the virtue every young lady with whom he may become intimate, is snatching thousands of as good and pure girls as the sunlight of heaven ever shone on, from paths of virtue and leading them into disreputable lives. The innumerable houses of prostitution of this land are being filled with the victims that are falling before the destroying hand of this society-fostered monster. Public science is wrong, society can never be what it should be, or virtue more than a by-word, until man is held equally responsible with woman, and I hope the day is not far distant when the same virtue and social purity will be demanded of man that is today demanded of woman.

Libertinism, if kid-gloved, is admitted into the best society. The young man may become fast and dissipated. a wrecker of lives, a slaver of virtue, the associate of harlots, and then when he has "sown his wild oats" he may "reform," "repent," retrace his steps, and the doors of the church are open, the arms of society receive him, and the white hand of innocence is extended to meet him. But if our sister goes estrav —even tho "tempted as we are tempted" and spend but a single night in shame, the doors of the church are practically closed, the arms of society are folded against her, and the white hand of innocence is extended only to push her farther away. Thus the inhumanity of man and the seductive powers of evil combine to complete the poor girls ruin.

Go to one of our large cities and stand for a moment on the street. The boys nudge each other as a shriveled form passes, and say: "There is an old hag, an old blister." Suddenly they straighten up, lift their caps, who is going by? There is an elegant carriage, fine team and uniformed driver. It's Governer Brown, he lives in that brown front palatial mansion at the head of the avenue. Go back twenty-five years and these two characters were innocent children together. Twenty years they were lovers, she the daughter of a good family, beautiful, refined, amiable, and lightly accomplished; fully the equal of Mr. B., who was in the language of the world, "A fine young man." He was proud to have the honor and pleasure of Miss Jennie's company, and to introduce her to his friends. Those tender ties of affection draw them together. They exchange those sacred promises. This intimacy and its fond caresses excite in each a deeper passion, the gratification of which he most affectionately urges. She could control self, but what won't a woman do for the man loves? He tells her that they will be married soon, that no one will know of it, and he means just what he says, for Mr. B. is really a truthful young man with a conscience fully up to public conscience, which says it is his privilege to She, true to her self and the demands of society earnestly refuses. denying herself and the man she loves too well. Finally, some evening in the quiet hour of midnight, at a time when the sea of passion surges heavy, under the persuasive power of love, she yields. Virtue has flown the angel of peace has hid her sunny face behind a scarlet cloud. In a few hours in his quiet room he thinks over the night's experience, but again he reasons to himself to be true to his promise. She is condemned by her own sense of right, but she rests on those sacred promises. The ice once broken, it is so easy to fall again. She is now more loving, more intimate, to which he says: "We must be more discreet or people will think there is something wrong." They have tasted the forbidden fruit, their eyes are opened, and they know they are naked. Virtue gone, respect soon follows, and love the same. He now begins twitting about going with "that other girl." This makes her all the more loving, affectionate, cling-The saddest sight in the world is to see the girl clinging fondly to the man that has taken her virtue, and he turning the cold shoulder of indifference toward her—and this is usually the case. Her saddest fears are realized when she sees him in company with another. Now she begins to realize her sad condition. Day and night she weeps with that repressed sorrow, the depth of which the world can never know. If Mr. B. is conscious of this, the excuse is she did not have to, and what I did others may have done. He is soon moving in good society again, wins the affection of one who loves wiser if not so well. Thus he goes on to fame and fortune. friends say: "Jenny, I would not mind it, there are plenty more." Ah! little do the friends know what is troubling poor Jennie's heart. She would gladly make a hole in the water and put an end to her sorrow. All the weary night she tosses on a sleepless pillow and when morning dawns we hear her say, with poor Charlotte Temple:

"Thou glorious orb supremely bright,
Just rising from the sea,
To cheer all nature with thy light
What are thy beams to me?

"What are all nature's charms combined

To one whose weary breast Can neither peace nor comfort find, Nor friend whereon to rest?

"In vain thy glories bid me rise To hail the new-born day; But, ah! my morning sacrifice Is but to weep and pray.

"Oh! never, never, while I live, Shall my heart's anguish cease! Come, friendly death, thy mandate give, And let me be at peace."

When weeping ceases and love to hatred turns, she re-enters society, but how changed. No confidence in herself and less in humanity. She soon becomes a "flirt," then a "little fast," she is yet beautiful and attractive, which is all the worse for her. She soon becomes somebody's mistress. She has entered that lane which extends from the parental door to the den of vice. We now find her in an "up town" ten-dollar house of prostitution; from this she goes to a Then, as time wears five-dollar one. on and decay overcomes her, we find her sinking lower and lower, three, two, one, a hovel in a back alley, and tonight she is an "old hag, an old blister," in our streets, burned, charred and consigned to a life of misery and degradation, thru the accursed idea fostered in modern society "that it is man's privilege to try, and woman's duty to deny," while the man who seduced her is our honored Governor Brown. If two sinners have gone estray let them suffer condemnation alike until the kind hand of mercy shall reclaim both.-N. N. Riddell, in the lecture, "Manhood."

What is a gentleman? I'll tell you: A gentleman is one who keeps his promises made to those who cannot enforce them.—Philistine.

SUGGESTIONS ON HOME MAKING.



Edited by Mrs. M. K. Miller, Instructor in Domestic Arts, L. D. S. University.

***** THE KINGDOM OF HOME.

Dark is the night, and fitfully, drearily Rushes the wind like the waves of the sea; Little care I, as here I sing cheerily, Wife at my side and baby on knee; King, king, crown me the king; Home is the kingdom and love is the king.

Flashes the firelight upon the dear faces, Dearer and dearer as onward we go; Forces the shadow behind us, and places Brightness around us with warmth in the

glow. King, king, crown me the king; Home is the kingdom and love is the king.

Flashes the lovelight, increasing the glory, Beaming from eyes bright with warmth of the soul

Telling of trust and content the sweet story, Lifting the shadows that over us roll.

King, king, crown me the king;

Home is the kingdom and love is the king.

Richer than miser with perishing treasure, Served with a service no conquest could bring; Happy with fortune that words can not can not measure.

Light-hearted I on the hearthstone can sing. King, king, crown me the king; Home is the kingdom and love is the king.

WHY DO WE EAT?

Mary Wood-Allen, M. D.

Ninetv-nine times in a hundred the answer to the question, "Why do we eat?' would probably be, "we eat live;" but just how eating keeps us alive would be a question unanswerable by the majority of people. We know practically that food is necessary to the preservation of life; and is not that all that is necessary? We have eaten, we have What more do we require? might be questionable whether we have lived in the fullest sense of word. It is true we have stayed upon the earth, but living means more than that: It means the state of being alive, buoyant, strong, full of vim, purpose, power; it means a sane mind in sound body, a body capable of achieving. Where do we find the people who are actually alive from head to afoot, tingling with health, burgeoning with People are very anxious eat, very much afraid of going a few hours without food; yet it is the minority who understand what food does, and

are able to select wisely that which they eat.

Most of us are like the little chap, who convalescing from an illness, was taken to the country to spend some time with grandma. When he saw preparations being made to continue the prescribed invalid diet, he broke out in open rebellion.

"Grandma," he said, "I don't want to have nourishment. I want what I would rather!"

What are foods? Briefly defined, foods are those substances which supply new material to the body in place that which has been used up and cast And to this we might add—and for the child furnish material growth.

In order to have a science of eating, we shall be obliged to learn about the different kinds of food and the special use of each kind. A very large part of our food is carbonaceous, as it is called, and this includes starch, sugar and fats. The carbonaceous foods serve three purposes in the body. (1) They furnish material for the production of heat. (2) They are a source of force, or energy. (3) They build up the fatty tissues.

We see at once that these foods do not build up bone, muscle, or nerve. If we are to be kept in perfect health we must have something besides starch, sugar and fats, important as these foods may We find starch and sugar in all vegetables and grains and in fruits, each particular one having own kind of starch.

In potatoes, turnips, and most fleshy roots, starch is the most abundant ele-Several kinds of sugar manufactured by nature, as cane, grape, fruit and milk sugar.

Butter, lard and suit are the principle animal fats. Most of the grains, some vegetables, a few fruits, and espe-. cially nuts, contain fats.

The so-called nitrogenous or albumin-

ous foods furnish elements to build up all the bodily structures, and the inorganic substances aid in furnishing food for bones and nerves. The white of an egg is a type of nitrogenous food, as it is nearly pure albumen.

There is a considerable amount of albuminous substance in all grains, in peas and beans, in milk and in meat.

The problem is how to combine these various foods in just the right amount to suit the needs of the individual.

In order to approximate the solution of this problem we must recognize the fact that the individual will need different arrangements of food at different ages and under different circumstances.

One very important fact to know is that babies are not able to digest starch at the outset of their lives; for they do not manufacture saliva, which is a digestant of starch. Dr. Monti of the Polyclinik in Vienna, Austria, used to tell us that white bread and other starchy foods were the principal causes of bowel ailments in young children; and he was very impatient with the mothers who gave white bread to their babies.

In studying the question of artificial feeding, this fact of the inability of infants to digest starch should be borne in mind. Also, in the feeding of older children, the mother should remember that starches, sugars, and fats, alone, do not build up bone and muscle. Therefore, fine white bread, potatoes and cake are not sufficient to give the little ones strong, vigorous bodies. To these must This is be added nitrogenous foods. why whole wheat is more nourishing than fine flour. It retains the nitrogenous elements which have been removed from the white flour.

Inorganic substances are not assimililated, if taken in a crude form. That is, we do not eat lime and potash and soda as such; but these substances exist in an organized state in the various foods, and we are told that one great use of fruits is to liberate these inorganic substances, so that they can be appropriated by the system. The fruits also contain various minerals, or salts (not salt), as they are called. The water of fruits is a very valuable ingredient, increasing the activity of the kidneys and bowels.

It is quite generally supposed meat is the most nourishing of foods, and it is a great surprise to many learn that it is not the case. From authoritative tables of nutritive values of foods we learn that the total nutritive value of whole wheat is from 84 to 87 per cent of the whole, while the r tive value of lean beef is but 28 per cent. Seventy-two per cent of beef is water. Of apples the value is 13 per cent; of raisins, 66; of figs, 56; of chestnuts, 89; of peanuts, 79, and so on. We see, then, that one may live entirely without meat. and be even better nourished than by its use, if the menu be wisely chosen.

The proportion of nutrient material in a substance is not an absolute measure of its value as food, as one may have too large a proportion of one element, and another too much or too little of some other element. Potatoes and most vegetables have too much of the carbonaceous elements, while beef and eggs are deficient in these elements. This is why it is wise to combine those lacking with those abounding.

Persons exercising vigorously use up tissue rapidly, and therefore need more food than those who are idle. Children are growing and so eat more, proportionately than those who are only maintaining the balance between waste and repair, and not making new structure. Persons working hard with their brain are in actual need of food to repair waste, more than mere muscle-users, but are obliged to eat more carefully, because not able to endure over-eating with as much impunity. It is said that three hours of steady mental toil is equal to ten hours of ordinary physical labor.

Being able to answer the question why we eat, we see that the house-mother needs a thoro study of foods in order to arrange her table to meet the varying demands of her family. A woman may have earned the reputation of being an excellent cook and set what is called "a good table." and yet her family may be suffering from lack of nourishment. It

is not the taste of food that gauges its nutritive value, tho taste is not to be disregarded. Taste, however, is largely a matter of education, in fact of suggestion. Children hear certain things commended and others condemned, they form their judgments accordingly. It would be quite interesting to learn how many grown folk, even, are influenced by the criticism of others in their use or disuse of foods. People have talked slightingly of "bran and saw-dust diet," when hygienic foods have been mentioned until they have come to believe that all wholesome food, if called hygienic, must be unpalatable. They are quite like an Englishman whom I heard say at his own table, where potatoes and cabbage were the only vegetables week after week: "I know I wouldn't like American foods. At any rate I wouldn't try them."

Having studied foods and learned their relative values, it is the duty of the mother to create in her children a liking for all simple, wholesome foods. It is also her duty to teach them that eating has a higher purpose than the mere gratifying of taste, and that we should "eat to live, not live to eat."—

American Motherhood.

IMPURITIES AROUND THE HOUSE.

By Mrs. Susannah W. Dodds, M. D. The care of the sewerage of our bodies is of the utmost importance as related to health, tho not one individual in a hundred gives particular thought to the subject. To understand how to disinfect the excretions of our bodies and render them harmless is one of the crving needs of the hour. This could easily be done with very little trouble and expense. Not only in our cities, towns and villages, but in country places, open sewers run rampant and life is constantly threatened. Typhoid fever, diphtheria and the whole brood of infectious discases are generated freely and may be found wherever human beings exist. These diseases are a perpetual menace to health as well as a serious reflection upon our boasted civilization. Every farm place and town house has its vault or privy, and poisons the most deadily are thrown into the atmosphere. In our colleges, seminaries and private schools the presence of typhoid or other infectious diseases is proof positive that the

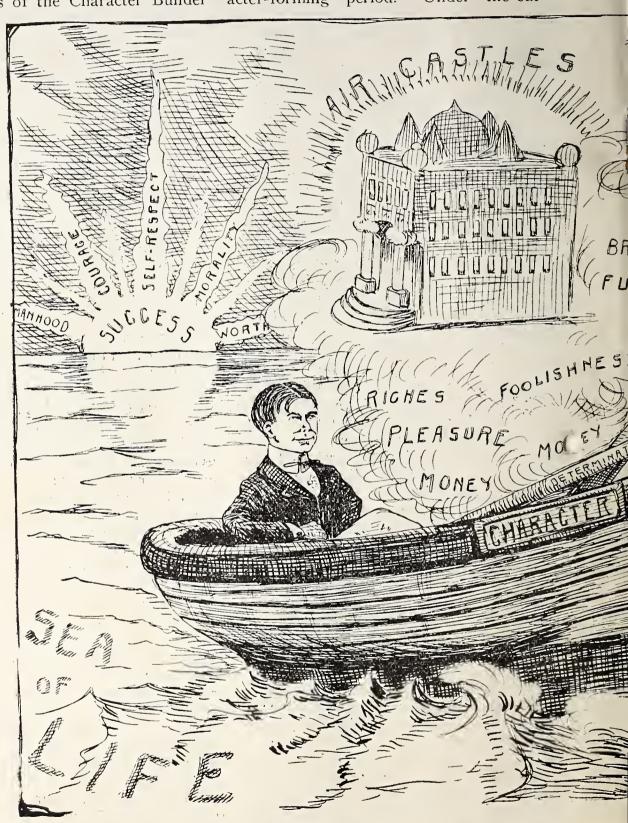
conditions are unsanitary.

The simplest and most obvious of health rules is not observed. The poisonous excrement in every privy or vault should be disinfected on the spot. free use of dry earth will do this; it contains the animalculae or germs which eat up the offending substance and prevent atmospheric contamination. an easy matter, as shown by some of our writers on sanitary science, to do away with all this source of impurity; a keg of dry earth may be used for disinfecting, the matter so treated being removed at frequent intervals to prevent its accumulation. The trouble is that the attention of our people has not been called to this particular subject. Unfortunately it is not the atmosphere alone that is contaminated in these cases; the poison gets into our water supplies, the wells and cisterns and epidemics of disease prevail in consequence.

In all our town and cities and in every country district we should have sanitary boards (made up of intelligent people, of course), whose duty it is to look after these things; to find out where disease prevail. and to discover their These boards should be composed of men and women who have made a careful study of the subject in hand. should also be state organizations, cooperating with the local ones. It should be the duty of such boards to correspond with each other and to devise methods for abating nuisances, whether in public places or private homes. They should also appoint teachers and lecturers to instruct the masses and drill the people in the rudiments of sanitary science. Moreover, there should be a national association, which will receive and compare all the facts gathered by the state boards and try to aid them in disseminating the principles of sanitation.—Health Culture,

THE SEA OF LIFE.

We are pleased to present this month to the readers of the Character Builder of the L. D. S. University, and portrays in an excellent manner the two roads that are before young people during the character-forming period. Under the cut

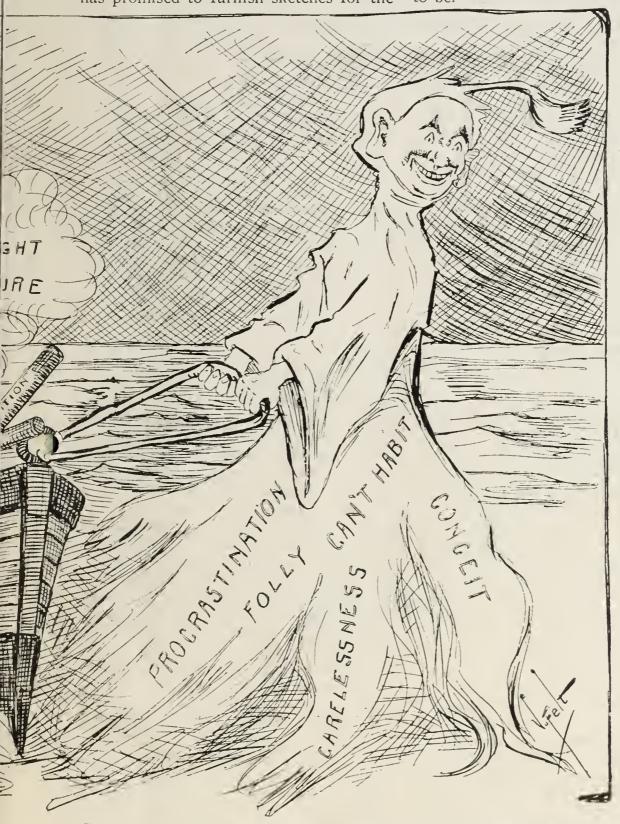


a cut that recently appeared in the Gold and Blue, the seudents paper in the L. D., Oars, Foolish Boy." The picture is self-S. University. The sketch was worked, explantory, and is well worth the earnest out and drawn by Vernon Felt, a student study of every reader of the Character

were written the words, "Turn, Ply the

Man. S. Eddfield G. T.

Builder. It contains more material for thought than some long, well written articles on the same subject. Student Felt has promised to furnish sketches for the SUGGESTION.—He who makes two thoughts exist where but one existed before is a benefactor to untold millions yet to be.



Character Builder. He has a talent which is well worth cultivating, and our readers may look for something good from his pen.

A financier is a man who handles other people's money for them and lets them stand the losses if they lose and takes the profits if they win.—Birmingham

Physical and Moral Education.

MANUAL TRAINING SCHOOL.

In farming communities there is usually little difficulty in finding work during the summer months, for the boys and girls, but even in Salt Lake City, where there are only about 75,0000 inhabitants, many parents are perplexed to know how to keep the young people profitably employed during the summer vacation. It has been truthfully said that "an idle moment is a dangerous moment." persons who are interested in the physical and moral progress of the youth, are pleased to encourage any effort that is made to properly direct the energies of our young people, and the Character Builder is pleased to keep its readers informed concerning the practical efforts that are being made to improve social conditions, by creating a better environ-ment for the youth. We are pleased to inform our readers that the manual training department of the L. D. S. university will conduct classes in mechanical drawing, practical arithmetic, shop practice in wood and pirography for a period of eight weeks, beginning June The work is adapted to boys and girls 12 years of age and upward. The work will be given from 8 to 12 o'clock during regular school days. These courses will be a recreation for those who pursue regular courses during the school year. This is an opportunity that parents should not neglect.

ANOTHER INDUSTRIAL SCHOOL

The Purity Industrial Home is an industrial school for boys, located at Marionville, Mo. The superintendent of this home is Charles A. Mitchell, a national White Cross lecturer. Professor Mitchell believes that boys should work while gaining an education. He believes in some other things which Emmanuel Missionary College advocates, and the following paragraph from the Purity In-

dustrial Record shows some similarity in the two institutions. He says:

"The past month the family have worked as follows: Three have cooked, one washed and ironed, one barbered, one acted as stenographer in the office, several cut wood about town, three or four cleared land on our new lot, and six or eight worked in the broom factory, and we have now contracted to clear five acres of timber land, using a stumppuller, and grubbing out the roots. The boys have also laid floor, carried mortar for the masons, and done several odd jobs in town. They ae truly an industrial family, and seem contented and happy.

"We now have plenty of work, and can take more boys, provided they are in dead earnest and are willing to pledge themselves for life against the use of alcohol and tobacco, refrain from obscenity and profanity, read books and attend lectures on purity, and are willing to work. Don't recommend anyone unless he can show a good record.

"The boys use no coffee, and very little meat and spices. Some of them say they had considerable trouble with their temper before coming here, but find it more easily controlled with this diet. Another one who had been having trouble with his health before coming, says he is now putting in more hours at hard work and study than ever before in his life, and yet he has gained ten pounds in six weeks."—Advocate.

DECLINE OF JOURNALISM.— The modern journailst has pitiably descended from the high estate which once was his. He is more deeply interested in the mere accidents of life than in public affairs, and a sensational murder is more to his mind that a change of government, for the excellent reason that it attracts a larger number of readers.

Success for him means to jump with the cat. He must follow, not lead, his public; and as his public desires before all things to be amused, he must fill his print with strange snippets and vain excitements. For the modern reader is possessed by what Robert Burton called "an itching humor, or a kind of longing to see that which is not to be seen, to know that secret which should not be known, to eat of the forbidden fruit"; and the newspapers neglect nothing to gratify his desire.—Blackwood's Magazine.

THE WIZARD OF GAIN.

By Singleton Waters Davis.
Enthroned in a corner of man's fertile brain
Sits, sleepless and tireless, the Wizard of Gain!
Persistently meddling with all earthly things;
An absolute monarch—e'en ruler of kings—
Magician and tyrant, controlling the fate
Of millions of people, both humble and great.
His wand (a weird scepter of glittering gold)
His wealth-seeking subjects continues to hold
In willing subjection and magical spell,
With promise of heaven and safety from hell.
This wonderful wizard, relentless and sly,
Compels his mad victim to ceaselessly cry,
"O, give! Give me treasure—O, give me the
earth!
My soul I'll surrender for what it is worth!"

My soul I'll surrender for what it is worth!"
His ways, they are wiley; his manners suave;
His tongue, it is oily; his promises grave.
No methods too wicked, no means he rejects;
No places too sacred, no times he respects.

IN INFANCY.

The innocent infant, so helpless and fair, The very first moment gasps—wanting the air! Then eagerly clamors, impatient and rude, To draw from the fountain of infancy's food.

IN CHILDHOOD.

In childhood's bright morning (unconscious how vain)

As, urged to possession by the Wizard of Gain, He clutches at sunbeams that stream on the

Thru the vine-covered lattice at his nursery door.

Then sensuous pleasures, like glittering toys, As seen in the distance, give promise of joys—Enchanting and luring him on in pursuit Of butterfly treasures and bitter-sweet fruit.

IN YOUTH.

At the threshold of puberty, by mysitcal art, The Wizard drops ...to his ingenuous heart A rose-tinted philter, and cooing like a dove, Entices his senses to conjugal love—
(A primitive passion, subjected aright To careful dissecting in science's light, Is found to proceed from the organs of brain For amorous pleasure and desire of gain!) The Wizard, thus acting in his favorite role Of Royal Magician at the court of the soul, Much falsehood instilling with little of truth, Succeeds in deceiving the credulous youth—Transfiguring an object of menial worth From crude base metal but mined from the earth

(By presto illusions and alchemy bold)
To seeming par excellence with purified gold!

IN MIDDLE AGE.

Then visions of riches—magnificent state—Politcal honors—a name with the Great—

An evil obsession sound sense to betray,
Inflaming the passion for envied display,
Usurps the crown, scepter and throne of his
mind,
Intended for Wisdom and Virtue combined.

IN OLD AGE.

When life's frosty winter with hope-blasting breath,
And lowering shadows of imminent death,
Appall and dishearten to utter despair
The dupe of the Wizard's acquisitive snare,
(This strong ruling passion controlling him still)
He wastes his last moments inditing a will
Securing possession of that which remains
Unused in his lifetime to heirs of his gains.

AT THE GRAVE.

While trembling and reelig on brink of the grave.

And calling on Heaven his spirit to save,
He prays to be given the "crown of pure gold"
Previsioned and promised by prophets of old!

THE WIZARD IN THE GRAVE.

As Chemical Force in elements of earth, Now carries him back to the soil of his birth! —Humanitarian Review.

NEW BOOKS.

New books have been appearing at the rate of a hundred or more a week; but the great mass of these books are ephemera—shallow and short-lived. Publishers complain that the public appetite is vitiated to such a degree that the demand runs far too strongly in the direction of mediocre fiction; trashy novels hold supremacy, while belles-lettres lag in the back-The majority of our readers ground. use books only to "kill time," and one is led to think that our youth is troubled with a mental dyspspsia, judging from the constant craving for the sensational, and the hurried skimming thru the many books that fall into their hands. A few books, well chosen, closely read and mentally assimilated, would be greatly to the advantage of both our old people and But our best books are selour vouth. dom taken from the shelves, while on every chair and window ledge can be found the cheap, trashy novel, the reading of which seems only to whet the appetite for more of the same kind. Who is to blame?—The Commoner.

It is easy to see that the mere existence of a serious war between the nations stimlates the war fever in the other countries that are mere spectators of the struggle. Thus a war tends to demoralize the whole world.—Springfield Republican.

HYGEO, THERAPY OR DRUGLESS MEDICATION,

THE AMERICAN MEDICAL MISSOINARY COLLEGE.

By John T. Miller.

It is the purpose of the Character Builder to take notice of all efforts that are being made for the advancement of the human family. In the medical world the A. M. M. Č. holds a distinguished position. It is preparing medical missionaries to labor among the uncivilized peoples. The idea for such a college was worked out by Dr. George Dowkount of New York, who organized the International Medical Missionary Society, for the purpose of assisting and encouraging voung men and young women to study for missionary purposes. He established a Home in New York City for students who were attending various medical colleges. These students spent a portion of their time at the missionary dispensaries. established by Dr. Dowkount in different parts of the city.

In 1893 Dr. David Paulson was encouraged by the Medical Missionary Board of his church to go to New York to pursue medical work at Bellevue hospital, and become connected with Dr. Dowkount in his medical missionary work. Dr. Paulson immediately saw the need of a medical college where the medical missionary idea could be worked out. In July, 1895, the American Medical Missionary College was incorporated under the laws of the state of Illinois. In October of the same year the college was established under the direction of the Medical Missionary Board and opened with an enrollment of forty students. The college is a member of the American Society of Medical Colleges, and gives a course of instructions extending over a period of four years, of nine months each. The work done cannot be excelled for thoroness and completeness. In addition to all the studies given at other medical colleges, including materia med-

ica, this college gives a very thoro course in physiologic therapeutics or non-drug medication. Hygiene, sanitary science, massage, hydrotherapy or water treatments, electrotherapy, dietotherapy or the influence of foods in curing disease, Swedish gymnastics, and other rational methods of treating disease are taught. In these important branches the A. M. M. C. surpasses all other medical colleges and is certainly in the vanguard, because these studies are now being recognized as a most important part of a medical education, and are rapidly correcting the abuse of drug medication.

A few years ago the editor of the Character Builder entered this college as a regular student and completed nearly two years of the course. He was impressed by the thoroness of the work and the pure moral atmosphere of the col-Profanity and obscenity are not heard there, tobacco, liquor and other stimulants are not indulged in by the students. They abstain from the use of meat, but have a nutritious and wholesome diet composed of nuts, grains, legumes, fruits and vegetables. The college is an industrial school. Students without families board at college and pay their board and tuition by performing a few hours' work each day. Students who do not promise to work under the direction of the Board after completing the course are required to pay a tuition of \$100 per year besides laboratory fees. The college is under the control of the Seventh-day Adventist church, but students of all religious faiths are admitted. In our class a number of religions were represented and there were students from Germany, India, Turkey, Mexico and from all parts of the United States. Most of the class work and practice in physiological therapeutics is at Battle Creek, Mich., in connection with the great Sanitarium, but the clinics are at Chicago. The industrial phase of



the college makes it possible for persons of limited means to secure a medical training. Dr. J. H. Kellogg, the eminent author and physician, is president of the college, and is ably supported by graduates from the leading medical colleges of America.

The cut of the graduating class composed of my classmates, recently appeared in the Life Boat of Chicago. Thru the courtesy of Dr. David Paulson, the editor, we are permitted to use it in the Character Builder. You will see from this picture that the college is co-educational. This is an admirable feature of There are some phases of medical practice to which women are better adapted than men, and in the A. M. M. C. there is the most gentlemanly and ladylike courtesy shown in class work. The writer has only words of praise for the students, and professors of the col-Altho not of the same religious belief as most of them, there was no discrimination shown, but a high moral and religious tone characterized the institu--tion. The college is doing a good work. In providing rational treatment for the sick the Seventh Day Adventists are the Good Samaritans of modern Christendom. Good advice is valuable, but to lend a helping hand and give intelligent aid in sickenss should bring the lasting gratitude of those who are aided, and is a service much needed today in all parts of the world.

DR. OSLER'S PROPHECY.

We need interstate reciprocity which will obviate the necessity for a doctor to take a special examination in each state in order to practice. This is an outrage, and we ought to set our faces against it. We should see that it is changed and that we have reciprocity between boards having respectable qualifications.

Today we are facing the need of a merger in medicine. We should look forward to the consolidation of our teaching bodies. We waste much money in duplicating plants. There is not the shadow of a doubt that ten years from now in this city (New York) there will

be only one large medical school, all teaching being in the central body, and all practical work being done in hospitals under a central organization. We should frown on the system of several medical schools, especially in the smaller cities.

These are labors we have before us. Some we shall see come. Our profession today, gentlemen, is not what it was twenty-five years ago; but what has been done is little compared with the things we shall see done in the future.—Dr. Osler, in a speech at the St. John Roosa dinner.

BEWARE OF HEADACHE POW-DERS.

Most people think of headache as an ailment in itself, whereas, like all pain, of course it is only a danger signal intended to warn you that some part of your system is out of order and needs looking to. Those who take medicine to "stop the headache" are getting at the problem in about the same way as the engineer who ties down the safety-valve of a steam boiler or takes off the steam-gage. A physician writing in the New Century Path-gives some wise counsel on this subject as follows:

"There are signs of a healthy awakening to the dangers of the general use of the coal-tar derivatives, anti-kammia, acetanilid, phenacetin and the rest. Some years ago there was a number of deaths from these drugs, due to heart failure. This led to the addition of heart stimulants, and the deaths became less numerous. Accordingly the market is full of these combinations, and in every drug store window you may see the "Headache Powders' freely on sale, with the added legend, 'harmless.' In nearly all cases these 'harmless' powders consist of a coal-tar poison, and some variety of heart stimulant.

"The coal-tar products do stop a large proportion of pains. But they do it by lowering the whole organism below the level at which it is sensitive to pain. They take it, let us say, one-tenth to one-quarter of the way down to that level at which there would be death. Along with this the heart is poisoned in another way. Its reserves, or capital, of vitality are drawn upon—in most cases never to be replaced. The coal-tar poisoning passes and the patient is perhaps as before, less that much capital of heart vitality.

"Pain is a symptom. When it occurs, its cause should be hunted for. In the case of our almost universal American headache, the causes are usually late hours; far too little exercise; and overfeeding, especially of sugars, but also of all other things. A walk before breakfast with some athletic exercises, an earlier retirement to bed, fresh air by day and night, a lower house tempeature in winter, three smaller meals and a removal of sugar and sweets from the diet. would quickly bring to a final end the vast majority of headaches, and thousands of years anually to our colective life."—Pathfinder.

WATER DRINKING.

By J. H. Kellogg, M. D.

The free use of pure water is even more immediately necessary for the maintenance of life than the taking of solid food. Three-fourths of the weight of the body is made up of this limpid element. Some tissues, as the blood, are nearly nine-tenths water. The quantity of water which escapes from the body each day thru the skin, lungs, and kidnevs is about six pounds. This volume must be taken either as food or drink. Not infrequently the amount of fluid which escapes is generally increased, as when one is exercising vigorously on a hot day. The body has been known to lose one-fifth of its weight during violent muscular exertion, during exposure to great heat. Under such circumstances it is necessary, of course, to increase very greatly the amount of water taken into the system, as nature requires that a sufficient amount of water should be taken each day to compensate for that which has been lost. In certain diseases, as cholera and cholera morbus, the loss of water thru the bowels is so rapid that the patient very quickly acquires the sunken cheeks and eyes and generally

haggard apeparance which is characteristic of those diseases.

Fruit and fruit juices may to a large extent take the place of water. Water-melons, oranges, grape fruit, and many other juicy fruits are highly useful in quenching thirst. The sugar which these juices contain is very nourishing, furnishing nutrient materials completely digested, and ready for immediate absorption.

Fruit juices are decidedly refreshing, and afford a valuable nutrient which is ready for immediate absorption. juices have the advantage over that, when obtained directly from fruit, they are absolutely free from impurities, containing neither germs nor mineral impurities of any sort. The acids of fruits are also valuable, because of their germicide properties. All acids destroy germs very rapidly when brought into contact with them. They may be used as a means for purifying water. The juice of one good-sized lemon will, in half an hour, destroy any dangerous germs which may be present in a pint of water. Acid fruit juices taken into the stomach destroy the germs present in the stomach, or prevent their development. They are thus a valuable means of preparing the stomach for good digestion in persons suffering from hypopepsia, with so-called biliousness. coated tongue, and the like.

Very hard water probably tends, to some degree, to disturb digestion and also to produce calcareous deposits in the urinary and bile passages. Water which contains more than one part of mineral to one thousand parts of water should not be used without first boiling. When boiled such water deposits a large part of its salts, thus materially softening it. In some cases the addition of a little lime water or a piece of lime aids in the precipitation of the salts.

Mineral waters, especially those containing large quantities of chloride of sodium or other alkalies, are highly detrimental, not only to the stomach, but also to the bowels, the liver and the kidneys. Catarrh of the stomach and bow-

els is a common result of the long continued use of laxative mineral waters.

Ice water should never be used, because it is damaging to the stomach when introduced at so low a temperature, the free drinking of ice water being in some cases almost instantly fatal; and because ice is very likely to be impure, being gathered from the surface of natural waters which are sure to contain germs of various sorts, animalculi, or decomposing organic matter. Iced fruit juices, fruit ices, iced lemonade, iced tea. iced milk, and other iced drinks are all objectionable for the same reason.

Water may be taken with advantage by most people on going to bed at night and immediately on rising in the morning. The best temperature is 60 degrees to 70 degrees F. Warm water is relaxing, hot water debilitating, very water chilling, whereas water at 60 degrees to 70 degrees has a tonic influence upon the stomach, promoting its muscular and glandular activities, and aiding digestion. The drinking of a couple of glasses of cold water before breakfast is an excellent means of relieving constipation. Water may be taken in sufficient quantity to satisfy thirst an hour before meals and a couple of hours after meals, but free drinking with meals or immediately after meals should Of course, a few ounces of avoided. water, that is, a quarter or a third of a pint, may be taken at any time without injury, except in special cases, in which all fluids must be avoided, on account of the stomach, irrepressible dilation of vomiting, or some other unusual condition.

It is quite possible that by drinking too much at one time, injury may be done by overloading or overdistending the stomach. A glassful of water, or a half pint, should generally be found sufficient, two glasses at the most. Thirst is more readily satisfied by drinking slowly, taking frequent small sips, rather than drinking a large quantity at one time. When large quantities of water are swallowed, the kidneys are stimulated, so that a large amount of serum is removed from the blood, more, in fact, than is

compensated for by the amount of fluid taken in, so the thirst may be actually increased.

In certain diseases, as in fever, chronic rheumatism, gout, and auto-intoxication, it is sometimes necessary for patients to drink three or four times the amount usually required, twelve to fifteen glasses, or half as many pints, daily. In such cases great care must be taken to avoid injuring the stomach by swallowing too large a quantity at once. A glassful of water, or of water flavored with acid fruit juice of some sort, may be taken every hour while the patient is awake.

Patients suffering from acidity, and those who have catarrh of the stomach. may drink two or three glasses of hot water with advantage three or four hours after eating. Those whose stomach from an excess of hydro chloric acid, and who suffer from acidity almost immediately after eating, should take half a glassful of very hot water half an hour before eating. Those who have a deficiency of hydrochloric acid, or hypopepsia, should take half a glassful of cold water, not ice water, half an hour before each meal.—Good Health.

CHRISTIAN SCIENCE.

In a defense of Christian Science at Washington, Judge W. G. Ewing said: "Christian Scientists simply are trying to live the life Jesus lived. His mission was not only to preach the gospel, but to heal the sick. The declaration of Jesus to His disciples, 'the works that I do ye shall do also,' was made to the people of this day as certainly as to the apostles and the people among whom they wrought.

"Christian Science is not a religion of beliefs, but of works; not of theories, but of demonstrations. If a man says he believes that 'In God we live and move and have our being,' and then resorts to a druggist, doctor or climate for life and health, you will know at once that he has mistaken his belief."—Pathfinder.

YOUTH'S DEPARTMENT.

BEFORE IT IS TOO LATE.

If you have a gray-haired mother In the old home far away, Sit down and write the letter You put off day by day, Don't wait until her tired steps Reach heaven's pearly gate, But show that you think of her Before it is too late.

If you've a tender message Or a loving word to say, Don't wait until you forget it, But whisper it today. Who knows what bitter memories May haunt you if you wait? So make your loved one happy Before it is too late.

We live but in the present, The future is unknown; The letters never sent, The long-forgotten messages, The wealth of love unspent, For these some hearts are breaking, For these some loved ones wait: So show them that you care for them Before it is too late.

–New World.

BY BEN H. BRODNAX, Brodnax, La.

(January Medical Brief, Page 7.) From my own experience, being now seventy-two years of age, and having used liquor in rather an excess from 1860 to 1879, nineteen years; also tobacco in the way of smoking a stone pipe all the time from 1858 to 1897, thirty-nine years, I would say that whisky and tobacco are a detriment to the health of a man at any age, and should not be used in even moderate quantities. I say this from the difference in my feelings and in the condition of my heart and stomach since I have quit their use. I do not say this because I am an extra temperance man, but from my experience; that except as a medicine used as a stimulant only in an emergency, alcohol is not of any benefit to a man at any age, much less to a man who has turned the fifty-year point in his life.

Respectfully submitted after about sixty years of study and scrutiny in their use in the lives of others and myself.

HUNGRY FOR LOVE. The world is hungry for love. It is not hungry for great poets, great soldiers, great inventors, but it is longing for great lovers. A great lover is simply a soul set free enough from selfishness to live in other lives, and free enough from reserve and cowardice to tell others how he loves them.

One of the most beautiful stories we have ever read is told of Wendell Phillips, the orator. He was passionately devoted to his invalid wife, and one day after he had lectured, his friends urged him not to return to Boston that night. "The last train has left," they said, "and vou will be obliged to take a carriage. It will mean twelve miles of cold riding thru the sleet."

"Ah, yes," he replied, "but at the end of them I shall find Annie Phillips."

No journey is too long with love at the end of it, no task is too hard with love for its reward. The most successful men, not only as God counts success, but even according to men's poor measure of success, are those that care for They live in others' successes as well as their own. They add the happiness of others to their own joy.

That is, all the world worth having. Not the world of greed and gold, not the world of war and murder, not the world of pride and envy. God is the chief lover, the one pattern of love. Every one that loveth is born of God, and whatever his Father has is his.-

Christian Work.

FRIEND AND ENEMY.

Maurice Smiley, in Leslie's Monthly for March.

My friend was perfect in my sight And all he did was done aright; I saw in him no flaw or blot, When men assailed him I was hot His dear perfections to defend, Because he was my trusted friend.

Mine enemy was wholly bad, I saw each weakness that he had, I wondered what men saw to praise And heard approval with amaze. No worth or goodness could I see, Because he was mine enemy.

Yet I was wrong, for after all In him I thought was wholly small I've found so much greatness, I've found so much of littleness In him who had my perfect trust That time has made my judgments just.

And now with keener eyes I see
That neither friend nor enemy
Is wholly good or wholly ill,
For both are men and human still.
In both is much the years shall prove
That we should hate—but more to love.

'TIS SWEET TO BE REMEM-BERED.

'Tis sweet to be remembered
In childhood's holy hour.
The world with all its beauty
Is moved by magic power.
The mind is like an opening bud
Unfolding to the sun.
'Tis sweet to be remembered
As Christ the Lord has done.

'Tis sweet to be remembered
In days of thoughtless youth,
When life is full of mysteries
And errors mixed with truth.
There needs a constant struggle
To keep the balance right.
'Tis sweet to be remembered,
It helps to win the fight.

'Tis sweet to be remembered
In the turmoils of this life,
While toiling up its pathway
And mingling in its strife,
While laboring for the Master
Within the vineyard here,
'Tis sweet to be remembered
By true friends, kind and dear.

'Tis sweet to be remembered To souls all steeped in sin, A gentle admonition The erring ones may win. Oh, to be exemplary A worker with your might 'Tis sweet to be remembered By those who do the right.

Tis sweet to be remembered
In life's declining years,
The soul has grown so weary
Of strife, and toil and tears.
Will some kind soul remember
To smooth the furrowed brows?
'Tis sweet to be remembered
When age the body bows.

Tis sweet to be remembered
Descending to the tomb.

Tis sweet to be remembered
While passing thru the gloom.
But when you've passed the portals
And reached the other shore,
You then will be remembered
By kind friends evermore.

—Mrs. S. A. Cooper.

Springville, Utah, May 3, 1904.

SILENT GROWTH.

By Jeannette La Flamboy.

The trees grow silently, and God alone Can hear the sap rise to the budding shoot,

And hear, how in the daytime and the night,

The brown earth nourishes the hidden root.

Our senses are so dull, else could we hear

The young grass breaking thru the dampened mold,

And hear the dew fall on the barren fields,

And white frosts gather when the nights are cold.

All silently the little streak of dawn Grows into some faint haze of softest gray.

Gray turns to pearl until, in garments white,

All gloriously comes forth the perfect day.

The bud becomes a flower; the flower a fruit;

The silken leaves all silently unfold; The dainty bud, it slips its slender sheath

And noiselessly puts on its dress of gold.

All human growth is silent to our ears, And but brings out some great, eternal plan That, perfected, runs thru the rounded years,

The stage of youth, the high estate of man.

Within its narrow bounds, expands and grows,

The soul shut in by common walls of clay,

Too narrow are the confines, and at length,

It spreads its unseen wings and flies away.

O, power of God! it speaks in these dumb ways;

Great moving force, unseen and never still,

That in mysterious, hidden ways comes down

To work, in silence, Heaven's eternal will.

OUR BOYS AND GIRLS.

ORPHAN ANNIE.

By Katie Grover.

It was something very unusual for Annie to be late for school, but this morning it was fully a quarter of an hour after the gong sounded before she made her appearance, her pale face flushed with annoyance. Close at her heels followed a large, handsome Newfoundland dog.

No sooner did the children see the dog ere they began to laugh, and to add still further to poor Annie's mortification, several boys began to chant in a loud whisper:

"Annie had a little lamb."

"Miss Brown, he just would come," sobbed the little girl, her hand on Rover's black head. "I begged and begged him to stay home, but a boy hurt him with a stone last night, and since then he won't leave me a minute."

"Well, never mind, dear. Just let him

lie there by your desk, and he won't disturb us. Tell him to lie down."

But Rover refused to do so. His great form fairly filled the little aisle, while his bright sharp eyes took in a general survey of his new surroundings. He-wagged his tail, and showed his teeth, at which some of the tiny tots were frightened until the teacher explained that that was a dog's way of smiling.

Suddenly he gave a quick, savage growl and turned fiercely on Tommy Tupper. He seized the boy by the coat and seemed as tho he would devour him, but at Annie's quick call he let go his hold and ran to her, his mute, eloquent face imploring her pity and sympathy.

"Tonmy Tupper, what did you do to that dog?" demanded Miss Brown, sternly. "You did something mean, or he would not have sprung at you."

"Didn't do nothin'," was the sullen reply. "but I'll fix him, see if I don't."

"Miss Brown, he stuck a pin in him,"

cried Annie, "and he is always throwing at him, and tormentnig him until

Rover just hates him."

"Tommy, you will go upstairs to the principal immediately. I fear you are naturally a very bad boy. Annie, you may take poor Rover home. He is trembling all over."

The misused animal was only too glad to get away, so quickly had his confidence been turned to distrust; while the malicious Tom was hastened up to the floor above to meet the punishment he deserved, and was seen no more that

day.

Next morning Miss Brown went to school with a heavy heart. She had labored long and patiently with the intractable Tommy, and was sure there was some good in the boy, which would vet prove his salvation if only she had patience and endurance enough to keep on trying until she reached the soft spot in the deep inner recesses of his heart. Now she was discouraged and disheart-The boy could go. She would give up the battle, and care not what became of him. His nature was so cruel. so destructive and callous that she shuddered to contemplate what would be his

When she entered the school room the children, who were gathered in a group talking very excitedly, turned and called out, two or three speaking at once:

"O, Miss Brown, that wicked Tom has gone and poisoned poor orphan Annie's dog. She found him dead this morn-

Poor Miss Brown turned away sick at heart. Was he so bad? All that day she went about very stern and pale, and had Tommy appeared on the scene it would have fared rather roughly with him for once; but the naughty boy was not seen again in the school room for several days. His teacher was beginning to hope he was gone for good, when one morning he slunk back into his old place. No one had a smile or a greeting for him; the children turned from him in scorn, and Miss Brown seemed unaware of his existence. Annie was still out of school, grieving her little heart out over

the untimely end of her dog, so Miss Brown decided to go and see her that evening after school, and try to comfort her.

She rapped on the door, waiting for a response, walked in. A wan little figure lav on a cot in one side of the room, her large dark eyes full of the sadness and gloom thru which she

was passing.

"I just couldn't come to school, Miss Brown,' she said, shaking her head sadly. "I guess you think it queer that I should be so sick just over the death of a dog; but he and I loved each other so, and have played and eaten and lived together since we were babies. He was all I had to lose, all I had to talk to, cause grandpa is deaf; and anyway he couldn't understand and sympathize like Rover could."

"I think we shall have to have that Tommy expelled," exclaimed rown, indignantly. "You poor wicked Miss Brown, indignantly. child, to suffer like this just because of that malicious boy's wanton deed. He came back to school today, but I haven't punished him yet, because I could think of nothing severe enough."

"Don't punish him, please, Miss Brown," begged tender-hearted Annie, laving her thin hand beseechingly on "I believe he is that of her teacher's. sorry. I'll tell you why. Most every night since then he passes here, and always stops a few minutes by the gate like he wants to come in, but is afraid."

Just then there was a bold knock on the door, and as Annie went to open it, Miss Brown caught a glimpse of Tommy, so stepped behind a curtain ere he saw her. Humbly and abashed, he came awkwardly into the little room, leading a handsome Newfoundland pup by chain.

"Say, Annie, I know I'm the meanest boy in the world," he began, "but I've been awful sorry I done it, sorrier than I ever was before, but that don't mend matters. You was the only one in school that ever spoke a kind word to me, too, and that makes it worse than I worked until I earned enough money to buy the pup here. He isn't

Rover, but I hope you'll like him. And say, Annie, come back to school soon, won't you? It's lonesome. Good-bye."

Out he ran, before Annie could say one word; but she was deeply touched.

"Isn't he a beauty, Miss Brown?" she said, patting the dog's curly head. "He is a fine dog, but as Toomy said, he isn't Rover. No other dog can be Rover. He understood everything. But, doggie, I'm going to love you; and, Miss Brown, Tommy is very sorry, so you won't send him away; will you?"

WISDOM IN WIT.

FATHER GOOSE RHYMES.

Taffy was a financier,
Smooth beyond belief;
Taffy sought a tariff law
And cornered all the beef.
I went to Taffy's house
Determined it to wreck,
But taffy took a campaign fund
And smote me on the neck.

Tom, Tom, the magnate's son, Watered stocks and then he run. The stocks were so wet They are leaking yet, And Tom's papa paid for his fun.

When women become real neighbors they run across for a chat without stopping to tie something around their necks and dabbing at their cheeks with a powder rag.

"How do you like civilization?"

"Civilization," answered the Sultan of Morocco, "is like the bicycle I have been learning to ride. It's great as long as you can manage to stay on top."—Washington Star.

Once they watered their stock in a moderate way,

On the sly, as it were, and a little each day;

But their courage has grown till it shocks and appals,

For they water their stock with Niagara Falls!

-Memnon, in The Whim.

COLLEGE FOOTBALL.

Mrs. H.—I can't understand this game.

Mr. H.—Well, please don't say anything about it, but the fact is that it is simply a gambling prize-fight multiplied by eleven.

Those M. D.s who opposed the appointment of Dr. Douglas to the position of city physician of Salt Lake City, for no other reason than that he opposes compulsory vaccination, must be very proud of their achievement. It is astonishing how a superstition sticks to a profession, or to the unprogressive members of it at least. The popular medical practice of today is stullifying to many of the most conscientious practitioners in the profession and it is gratifying to see more rational methods displaying old, worn out superstitions that the profession will be ashamed of when abolished. It would be a blessing to the race if some of the Rip Van Winkle members of the profession would take a twenty years' sleep. They would certainly find a new order of things after hibernating for a quarter century. The change is coming, but we must endure the methods of the "Dark Ages" a little longer.

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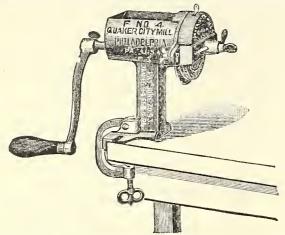
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A JOURNAL OF HUMAN CULTURE AND HYGEIO-THERAPY

JULY, 1904

PARTIAL CONTENTS



Editorials

Ruskin University
The World's Fair
Fourth of July Celebrations

Phrenograph of C. R. Savage

The Motor Temperament

Educational Notes

Publishers Page

Physical and Moral Education

What Shall be Taught, and Who Shall Teach it

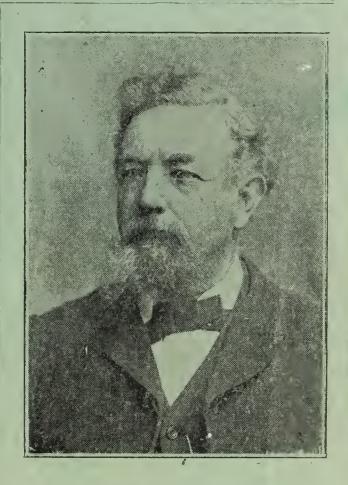
Suggestions on Home Making

Drugless Medicine

Youth's Department

Our Boys and Girls

Wisdom in Wit



C. R. SAVAGE
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A JOURNAL OF HUMAN CULTURE AND HYGEIO-THERAPY.

Old Series Vol. 17, No. 7.

JULY, 1904.

New Series Vol. 5, No. 3.

EDITORIAL.

The Character Builder uses the reformed spelling recommended by the National Educational Association.

NOTICE. The Character Builder office is no longer at 722 McCornick block. We invite our friends to call and see us at 334 South Ninth East street, where the office is now located.

-0-

RUSKIN UNIVERSITY. In the beautiful town of Glen Ellyn, twenty-two miles west of Chicago, is located one of the most ideal and practical schools that ever was established. There a student may do enough manual labor to pay his way thru college, and has a most favorable environment while doing the work. Industrial schools are no longer an experiment. A few months ago we gave an account of the Valparaiso University that is built on these principles and has an enrollment of about 4,000 stuints. The Emmanuel Missionary College of Berrien Springs, Mich., under the able direction of President E. A. Sutherland, was established on this plan and is making a rapid growth.

"The purpose of Ruskin University is to bring within the reach of every young man and young woman the advantages of a college education of the most practical sort; to tetach the dignity of labor, not as a means of livelihood only, but as the glad expression of a normal life, and an absolute necessity to the acquirement of mental culture and moral character, and to enable the hand and brain to work together for the support of both while physical, mental and moral education is being sought." The above is taken from the catalog of their insstitution, and one who visits the university will be impressed by the intelligent effort

that is being made to carry out this ideal. The writer recently spent two days at Ruskin University in order to study the details of their plans, and became convinced that fundamental principles in education are practiced there and are the warp and woof of that institution. There is a democratic spirit prevailing in the university that is seldom found in other institutions. All feel perfectly free to express their views on any problem that is discussed and a tolerant spirit prevails. In visiting classes in Bible history, German, English, and the History of Figlish literature a thoroness of work and adividuality of effort on the part of the s naents was observed.

While the university is not yet large it has among its students natives of Japan, Russia, Holland, Germany, England and from all parts of North America. Jap and Russian work side by side in perfect peace and harmony. They have evolved beyond the brutal stage of war, and are laboring to establish peace upon earth and good will among all men.

The president of the University, Dr. George Mc.\. Miller, is ably supported in the work by Mrs. Miller and other capable teachers. The advisory board is composed of some of America's most progressive and intelligent citizens. Dr. Charles Brodie Patterson, Ernest Crosby, Geo. F. Washburn, former Senator Pettigrew of Sioux Falls, S. D., Geo. H. Shibley, Edwin Markham, B. O. Flower, former Senator Towne, of New Vork, Dr. Frank Parsons, Charlotte Perkins Gilman, Prestonia Martin Mann, Ias. W. Wilson, J. W. Leonard, Chas. E. Raymond, Howard S. Taylor, Geo. A. Schilling, Wm. Hale Thompson, Chas. H. Kerr, D. D. Chidester, John C. Black.

In the elementary school the pupils are not forced thru a stereotyped course and all treated as if they had no individuality, but all are required to perform the work of the grades in a way best suited to the pupil. Under this new plan the students appear to be making remarkable progress and seem to enjoy their work. The students develop a self-reliance under this system that will help them to direct their own efforts more intelligently after leaving school.

Connected with the university is a Sanitarium for the treatment of chronic ailments. Arrangements are being made to use all kinds of non-drug treatments.

In the industrial department a suspender factory has been established to furnish employment for students. Other industrial entertprises will be established. The Pool Botanic gardens are an interesting feature. More than 100 acres of ground is connected with the institution. It is one of the most picturesque spots one can find. We shall watch the growth of this university with great interest, and may give a more detailed account soon.

While at Chicago we visited the Commons, conducted by Graham Taylor and the Hull House, where the well known work of Jane Addams is carried on. We shall give an account of their work soon.

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THE WORLD'S FAIR. Any person who will spend ten hours a day for a week observing the great variety of interesting objects located in the numerous buildings at the St. Louis fair must come to the conclusion that the fair is a big Two square miles covered with buildings that are filled with an almost endless variety of natural and artificial creations is a rare sight. Of the larger buildings, those devoted to Education and Social Economy, Mines and Metallurgy, U. S. Government Exhibits, Machinery, Transportation, Electricity and Machinery, and Fine Arts have the appearance of real exhibits. A stroll thru the buildings of Varied Industries, Manufactures, Liberal Arts, and to some degree the Agriculture and Horticulture buildings, reminds one of a large market place. The "Pike," an imitation of the "Midway" at the Chicago fair, has some very interesting sights, but in the main reminds one of the side shows of a circus.

The variety of peoples represented on the grounds furnish the student of ethnology an excellent opportunity for study. One can go thru the streets of Alexandria without extra cost, if he doesnot listen to the solicitations of the people at the numerous booths. It costs only 10 cents to go thru the streets of Cairo. For 25 cents one can go all thru the city of Jerusalem, but if he has plenty of money, he may part with several dollars of it before he gets thru buying from the Orientals. The crudest specimens of humanity on the grounds are the Filipinos. It is well worth the time and money to see the Filipino midgets; the smallest people in the world. The Cliff Dwellers, the old Plantation Negroes, the Eskimo, and the numerous more or less highly civilized peoples of the world may be seen in their home environment without the long journey to their homes that is usually required.

When all the buildings are illuminated at night the fair has the appearance of a large city, and is a most magnificent sight. What a failure an attempt at such an illumination would have been a century ago! This mammoth exposition furnishes abundant evidence of the material progress of the 19th century.

The saddest thought that rises in one's mind while visiting the Fair is awakened when contemplating the immense loss of time and material in constructing these immense buildings that are to stand for six months and will then be destroyed. It really seems sacreligious. When state and inter-national jealousies cease, most highly educational features of such an exposition may be located in some permanent buildings where they will be constantly accessible to the people. The Smithsonian Institute exhibits at the fair are among the most interesting and are suggestive of what might be done in the way of a permanent exhibit. Twice every day there is a free lecture and demonstrations with radium at the Government building. This is an educational treat that no one visiting the "Fair" should We advise all who desire to see a real man to visit the large statue of Horace Mann, in the Massachusetts exhibit in the Educational building. The old Liberty bell in the Pennsylvania state building is attracting many of the visitors. Space will not permit mentioning the other features of the Exposition. There is something that will appeal to everybody. Anybody who visits the Fair and does not increase the gray matter in his brain is certainly beyond redemption. There are many opportunities to spend money, but when one knows he hasn't it to spend he can get thru on a reasonable sum.

Altogether we found the trip a pleasant and valuable one. We were fortunate in seeing the most beautiful scenery on the Denver & Rio Grande, and the Rio Grande Western on our wav east. From Pueblo to St. Louis we went via the Missouri Pacific railroad and escaped the Kansas cyclones, but had quite a thrilling experience in a Kansas flood. were delayed 36 hours, but had meals in the dining car during that time. Altho our experience was an unusual one, all escaped without injury and were happy when we were beyond the flooded district. We returned over the Chicago & Alton to Kansas City, and from there over the Union Pacific to Salt Lake. While in St. Louis we were very comfortably located at the Dodd's Hygeian Home, 4518 Washington Boulevard, The Hygeian near the fair grounds. Home is an institution where for twentyfive years the Drs. Dodds have successfully treated chronic diseases by hygienic methods, without the use of drugs. We were not invalids, and the only treatment we needed was the abundance of wholesome food we received and a place to rest after our long walk each day at the Exposition. Our vacation spent at St. Louis was a good rest. We are now ready for work again.

FOURTH OF JULY CELEBRA-TIONS. It is most encouraging to friends of progress to notice the strong sentiment that is growing everywhere against our barbarous methods of celebrating Independence day. A vigorous campaign is carried on in some of the larger dailies against the toy pistol and

other causes of accident, destruction and death. In criticising present customs the editor of American Medicine said:

"The Fourth of July noise-makers have for years maimed and killed their hundreds, and have made well persons ill, and ill ones more ill. There is needed an awakening of public sentiment against this heathenish custom. The enactment of proper laws against the abuse and their strict enforcement should be demanded of the mayors of cities by journals and citizens, both professional and lay."

This noise is not limited to July 4th. While writing this, on June 18th, the explosion of the firecracker is frequently heard. It will take some time to outgrow these foolish customs, but people are learning that there is a more civilized way of celebrating our country's birthday. We welcome the change that is coming.

Dr. Mary Wood-Allen's article in this number, entitled, "What Should Be Taught and Who Should Teach It," is full of valuable suggestions. Read it carefully and digest it.

GIVE HIM A LIFT.

Give him a lift. Don't kneel in prayer, Nor moralize with his despair; The man is down, and his great need Is ready help—not prayer and creed.

One grain of aid just now is more To him than tons of Saintly lore: Pray if you must in your full heart; But give him a lift; give him a start!

The world is full of good advice.
Of prayers and praise and preaching nice,
But the genrous souls who aid mankind
But the generous souls who aid mankind

Give like a Christian—sreak in deeds,
A roble life's the best of creeds,
And he shall wear the royal crown
Who gives 'em a lift when they are down.
—Selected.

IN THE AGE OF ASEPSIS.

An asentic doctor, for aseptic mon(ey).
To an aseptic mother brought an aseptic son;
And an aseptic nurse, with aseptic hands,
Gave an aseptic bath, put on asentic bands,
brom asentic bottles, with aseptic nips,
Babe sukt aseptic milk with aseptic lips.
But the aseptic milk, in aseptic haste,
Made the aseptic babe an aseptic waste.
Soon the aseptic waste, in an aseptic shroud.
Took an asentic box and left an asentic crowd.
—Julian Wylie Solan, Class 1904, Medical College of Virginia.

**** Human Nature Department, ****

EDITED BY N. Y. SCHOFIELD, F. A. I P.

CHARLES R. SAVAGE.

A Phrenograph From a Personal Examination.

By N. Y. Schofield, F. A. I. P.

It is recorded that an aspiring young artist on one occasion ventured to inquire from one of the old masters—I think it was Raphael—the secret of his wonderful success. He would like to know, he said, how he contrived to blend his col-



ors, so as to obtain such excellent results, and the old genius replied in a confidential whisper: "Brains, my boy, brains! I always mix my paints with brains."

This was doubtless a revelation to the young man, and the reply contains a valuable lesson that could be profitably reflected upon by many ambitious young men of the present day, because it teaches that the exercise of good com-

mon sense is frequently the real secret of success, rather than any conditions of chance.

Now, if a question of a similar nature should be put to Mr. Savage, I would expect from him a similar reply, for he is pre-eminently a common-sense man. This is one of the first thoughts that is apt to strike the student of human nature who has learned how to read character by the general contour of the brain, the temperament, quality, etc.

Of course the reader must bear in mind and must make allowance for the difference of opinion that necessarily exists as to what constitutes good common sense.

Incidentally, it may be as well to state here once for all that those who criticise what is said of a person in these columns (as all are invited to do) should remember the self-evident truth that because one man differs or holds opposite views from another it does not follow as a logical sequence that he is necessarily dishonest or that he is even mistaken. It is hard to find a fixed criterion to swear by in these matters, and tho the convenient method of assuming that orthodoxy is my "doxy" and heterdoxy is your "doxy,' may be permissible in a theological dispute where only personal opinions are advanced, such a procedure cannot be tolerated in a scientific investigation where demonstrated facts are produced, and when, therefore, we say from a careful analysis of a man's physical organization, that he is, for instance, "strictly honest," that he is "exceedingly brave" or "remarkably shrewd," we do not mean that his valor, sagacity or honesty must necessarily comport in every of these detail with your conception things; but we mean that he is strictly bonest from his point of view, and with the best light he has. If I sav this man is as "wise as a serpent" it does not debar another man from having the wisdom

of two serpents; therefore there can be

no good ground for jealousy.

Again, if I assert that Mr. A. is as "brave as a lion," the statement is not less true because Mr. B. could subsequently prove that he had the courage of a whole menagerie.

These are, I hope, liberal and consistent views, and they should be allowed to temper the opinions of both the writer and reader, and now to take up the thread again—I repeat that our present subject is a man well endowed with good common sense.

There is in his composition considerable of those elements that go to make up a philosopher, but he is not like some philosophers—an abstract reasoner—and tho he may have many theories as a result of his active ideality and benevolence, yet an investigation will prove that as a general thing these theories are "mixed with brains."

Mr. Savage is a very good specimen of physical manhood, standing 5 feet 101/2 inches high and weighing 200 pounds. The circumference measurement of his head is 231/4 inches and all the other measurements in equal proportion. The temperaments are very evenly balanced, but there is a slight predominance of the mental and vital, hence we do not look so much for great physical endurance or stern, undeviating will power, as we do for activity of mind, brilliancy of thought and versatility of talent. The organ of firmness that gives stability of character and tenacity of purpose, is well represented, but with so much of the vital temperament and such a wealth of intellect it is never likely to become a dominant factor in his character. He can be persistent and determined in the execution of his plans, but will always take care that those plans are feasible, that they are workable, and he has far too much judgment to resist the inevitable. Reason and common sense, rather than feeling or passion, will rule, and his most intimate associates will never regard him as a stubborn, self-willed or strong-headed man. Combativeness, like firmness, is only a negative element. He is not easilv aroused to anger, and will not go thru the world with his hands clenched ready to strike at whatever displeases him. From a sense of consistency in many cases and with a regard to personal interest in others he will oppose what is antagonistic to his views or wishes. but it is not done in that austere, autocratic spirit that would suggest instant punishment in case of rebellion. Benevolence, sympathy and tenderness are really the leading traits of the character. This is so plainly marked it may be well to draw special attention to it. It will be clearly noticed that by drawing a line from the opening of the ear, taking that as a pivot or starting point, to the center of the upper forehead, exactly where the hair commences, there is a greater distance here than in any other part of the head, measuring, of course, from the same place. It is the length of the medullary fibres radiating from a given center, and not the presence of any "bumps," that indicates the strength of an organ, and while many other influences combine in modifying the function and power of benevolence, as here represented, yet there can be no doubt it is a dominant factor and will be the keystone that binds all the other organs together. If solitary instance could be produced by the oponents of phrenology where a person was known for his liberality of mind, for his gentleness and sympathy and for his generosity who was deficient in this region of the brain that is so conspicuously developed in our subject, it would be a fatal blow to the science; but the one sample has never been found up to date. The same amount of benevolence in a head that was minus those faculties that impart practical judgment and common sense already alluded to, would incline its possessor to "sell all that he had and give it to the poor," and he would be speedily reduced to a condition of abject poverty by an indiscriminate distribution of everything he possessed. If, in addition, such a person were lacking in conscientiousness, he would then go to the extent of stealing, if opoprtunity were given, that he might gratify his desire to bestow gifts upon others. Whenever any one organ becomes so abnormal in its development as to be beyond the control and counteracting influence of the others, a diseased condition of the mind or "monomania" is the inevitable result; but in the present case we observe that notwithstanding the unmistakable evidence of a liberal and generous disposition, ther is also a full development of acquisitiveness the natural function of which is to accumulate whatever is deemed most desirable and to look out for No. I.

Benevolence, therefore, under these circumstances, and where there is much practical intellect, will take a practical course, and tho a legitimate appeal for aid would seldom if ever be refused, he would much prefer to give employment and in a permanent, substantial manner help a man to help himself. In a word, he has more sympathy than philanthropy, will take a portion of everybody's burdens, willing to devote time, labor and energy for their benefit, does not envy anyone what they possess, but derives pleasure from noting the happiness others, and if possible contributing their comfort. This genial, social and sympathetic nature will be manifested, and will enter largely into all the affairs of life, whether public or private. Even his religion will consist more in doing good than in saying long prayers. Tho not wanting in proper respect for sacred things, and due reverence for deity, yet he is not overburdened with piety and is far from believing that true worship is opposed to a full enjoyment of every legitimate pleasure in life. He is a man wonderfully blessed with hope, his mind rises superior to surrounding conditions, can always find something to be thankful for, and is never completely vanquished or wholly discouraged. His mind is exceedingly fruitful of ideas, and he has that rare tact of being able to say exactly the right thing at the right time. There are many people who can think of some brilliant retort or some smart reply they might have used, long after opportunity has passed, but Mr. Savage is readywitted, his language flows easily, he does not seek for large and obscure words with a view to impress others with the

extent of his knowledge, hence he is equal to every emergency. His sermons will be full of hope and forgiveness, will encourage and advise rather than condemn, and wherever he is, will exert a cheerful influence. It would be absurd to expect and impossible to obtain a gloomy, depressing and morose disposition from one who has so much hope, so much benevolence, friendship and mirth with (relatively speaking), so little combativeness. Such a man could not be very harsh, to say nothing of being cruel, and as a father will be indulgent to a fault.

His social qualities are very strong, is extremely fond of intellectual society, enjoys lively company, but does not care to wrangle and debate.

He has much more executive than combative force, and, therefore, in business matters and especially where personal interest is at stake, he can be very emphatic or even severe, at the same time he can derive but little pleasure from arousing hostilities or looking for opportunities to find fault, and unless provoked will never be the first to open a quarrel.

He has a mechanical turn of mind, good constructive ability, considerable of the inventive genius, and will take a keen interest in experimental science. He has very active ideality and sublimity, as can be seen by the fulness of the side head, just below the parting of the hair. These organs, to his active temperament, will impart a very vivid imagination; he is able to commune with nature in all its varied forms, will take exquisite delight in contemplating the evidences of design in all the works of nature, whether in the vastness of the universe, a beautiful landscape, or in the construction and color of a flower. Such a man is never lonely, whether on he top of a mountain, in a desert, or even in the bustle and noise of a busy city. His eyes are wide awake, is always gathering facts and statistics, has a very good memory and a splendid supply of words to express his thoughts. He is not so much inclined to deep, profound and mathematical problems as he is to observe and meditate, and his knowledge will partake mostly of the plain, matterof-fact, self-evident and wholesome kind that is applicable and suitable to the

masses of the people.

He has much more approbativeness than self-esteem, and is lacking in secretiveness, hence his right hand will be on very intimate terms with the left, and one will know all about the other. He does not do much that he cares to be covered up, and is able to look any man in the

eye when he shakes hands.

He has considerable independence of character, is more inclined to help himself than to ask too many favors, and will work out his own temporal salvation without fear and trembling. He is a man who believes in fair play, in social equality and equal privileges to all. opposed to class distinction or to any system that curtails the liberty of the humblest creature that would cripple his ambition, or hinder his enjoyment of every blessing to which he is entitled by virtue of his moral and mental status. He will be a friend to those who show a disposition to help themselves, but would never hoist any one into prominence who was unwilling to take the initiative.

He is fond of home and home comforts, but his desire to travel and see the world, to mix up with the people in their varied conditions of life, is even stronger. Locality, which gives a taste for physical geography and a desire to roam is strongly marked in his organization, and with his social habits and agreeable nature he can easily adapt himself to new conditions and conform his manner and habits to those of the people among whom he is living. Wherever there is a peg upon which he can hang his hat, he will be at home, and if he should make an unexpected call, the people do not feel "put out," because he can say such pleasant things in a pleasant way that he is never regarded as "company."

Friendship is one of the most conspicuous traits of his character, and his fidelity will increase in intensity as his friends advance in years. The older they become the warmer his attachment, and having small secretiveness, as already stated, he will not confine his friendships to any one or two, but will take an interest in all. There is indication in the brain development that points to a struggle thru which Mr. Savage has passed at some earlier period of his life, and where he has had to exercise wonderful firmness, determination and self-control. If he had yielded to his feelings at that time instead of allowing reason to rule, he would not be in his present position to-day.

Physically he has inherited a sound, healthy constitution, will enjoy life and all its pleasures, and has very fair indications of a long life.

THE MOTOR OR MOTIVE TEM-PERAMENT.

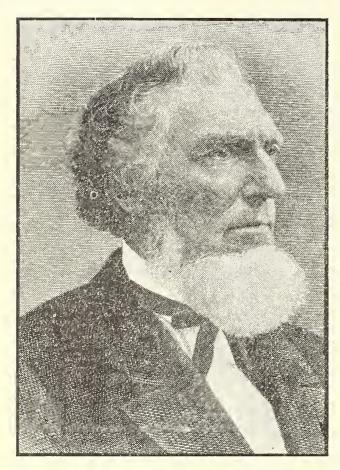
By John T. Miller.

In this physical type the motor organs are more strongly developed than the organs of sensation and of nutrition. This temperament is more common among men than among women. The physical characteristics are a tall, angular frame, high cheek bones, prominent brow, high crown, Roman nose, broad shoulders, long, slender limbs and relatively large hands and feet. The palm of the hand is only moderately developed; the fingers are long and taper very gradually. Such persons are built for strength rather than speed. The bones constitute such a relatively large portion of the body that they are moved about with some diffi-This is especially noticeable in boys of this temperament at about fourteen years of age, when they are growing rapidly and the growth of the bony system is most conspicuous.

Persons of the motor temperament do not usually mature until late in life. Like the winter fruit, they are long in devel-

ing, but when matured are often of great service to humanity. Precocity is not found among children of this type. They are the plodders. They are the ones who sometimes receive the uncomplimentary names of dunce and blockhead, and, as Jerome Allen says, in his book on Temperaments, are often driven from the school room because they are not understood. They have a good degree of firmness, and can be more easily

controlled thru the intellect than by force. They are not brilliant, but usually keep plodding until they master a subject. Lincoln and Garfield were of this type. They were not conspicuous in their youth for brilliancy, but kept on in their efforts until they became two of the most useful citizens America ever had. In Emerson, Tolstoi, John Tyndall, Frances Willard and Alfred Russell Wallace this temperament is strong, but modified more by the nervous type: It is incor-



DANIEL H. WELLS Motor Temperament

rect to speak of any person as being either motor, mental or vital in the sense of only one temperament being active. In speaking of a person being of the motor temperament we mean that the motor organs predomiante over the others, and the corresponding mental and physical bracteristics are correspondingly strong. Where all the organs of the body are nearly equally developed and equally active, some of the characteristics of all temperaments will be found.

The knowledge of temperament is of vital importance in selecting an occupation for life. Many persons follow pursuits for which they are not well adapted, either physically or mentally. No intelli-

t student of human nature would advise a person of the strong motor type to become a musician, poet or artist; or in the mechanical pursuits to become a watchmaker, tailor, typist, stenographer or grocer, or to pursue any line of activity where speed and fine manipulations are essentials. In intellectual pursuits persons of the motor temperament are best adapted to mathematics and to the sciences. They have sufficient continuity or sticktoitiveness to work at a difficult problem until it is solved. Pioneer life develops this temperament. Persons of the motor temperament are usually stern in expression, but kind and sympathetic in feeling. To them life is real and earnest. They believe in pleasure and recreation, but not in frivolity. Their speech is plain and appeals to the intellect rather than to the emotions. They convince the mind by argument, while those in whom the nutritive organs predominate influence their hearers by appealing to the emotions.

Boys and girls of the motor type should not become discouraged if they do not become the most brilliant students in their classes. They may be required to devote much time and energy in the preparation of their studies, but if they will continue to apply themselves they may by their faithful application surpass their more brilliant classmates. "The race is not to the swift, but to him who endures to the end."

This is the age of the problem. Men have gone beyond the study of facts into the study of relations and results. They have learned that mere possession dosen't bring peace, and yet brings heavy responsibilities that are overpowering. The man of the future will learn to gather only that which he can use. Thus the cruelty of competition will cease. There is enough and to spare of good for all.—Psychic Review of Reviews.

EDUCATIONAL NOTES.

The forty-third annual convention of the National Educational Association is held at St. Louis from June 27 to July I. An elaborate program has been prepared and an unprecedented attendance is expected.

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One of the most successful institutes and summer schools in the history of Utah is being held at the State University. Lectures were delivered by Dr. George E. Vincent, Dean of Chautauqua University, Mrs. Alice P. Norton and Jessie Lee Newlin of the University of Chicago. A number of the local teachers assisted in the summer school work.

The Deseret Summer Institute is holding its first session at the Brigham Young College, Logan, Utah. It is conducted under the auspices of the L. D. S. church schools, and will continue from June 20th to July 29th. The English department is under the direction of S. S. Seward of the Leland Stanford University. Natural science is taught by W. E. Praeger of the University of Chicago. Other branches are taught by able local instructors. A profitable time is anticipated.

DON'T FORCE CHILDREN.

If lynching were ever justifiable it would be in the case of a parent who pushes a child in his studies. Norbert Weiner, the 9-year-old son of Prof. Leo Weiner of Harvard, is ready to enter that great university—on the book-learning basis. He is well prepared in Latin and Greek, higher mathematics, the sciences, etc. True, his eyesight has been injured in the cramming process, but what does that matter?

Talk about child-labor laws! What we need is a law that will take intelligent and well-to-do parents by the nape of the neck and shake some common sense into them when they set out to slowly

kill their children by forcing their minds. What does the gain of a year or two, or even 10 years, stolen from the childhood of a boy or girl signify?

Better let the child develop rationally all round during his natural infancy, up to full maturity; the mature mind can grasp a subject in a fraction of the time the immature mind requires. You can force the child mind to do astonishing stints, but is the child a freak to be exhibited for the wonderment of others, like an educated pig?

In most cases the forced child will die off, or suffer later from arrested development and have to repay with compound interest for the vitality that was spent so recklessly in making him show off while undeveloped. God knows how many fine minds are snapped and ruined by this overloading system. Bear in mind it is the finest minds that break; you need not be so afraid of overworking a dull mind.

Any intelligent gardener or fruit-raiser knows what happens to a rose bush or tree which is allowed to overbear before maturity. I had a fine young pear tree, and tho knowing the danger I let it bear several huge pears; the result was it exhausted the life of the tree and it died. If you let a rosebush bear too many blossoms the first year it will die or at least show arrested growth and not do so well later.

Exactly the same principle applies to the human mind; why not? Norbert Weiper, at 9 years of age, may be, as is claimed, the youngest boy who was ever prepared to enter a first-class university. But instead of being proud of that his parents should be ashamed of it.

Oh, how it wrings the heart of a sensitive observer to see so many little children with big heads, tense, old faces, and so many wearing glasses. They are like rose bushes which in the hands of ambitious but ignorant gardeners have been allowed to bear too heavily the first year,

thus leaving their little lives stunted and deformed for all time.

I have in mind a man who did not go to college until he had seen a good deal of the world and become acquainted somewhat with men and affairs. When he went to college he found the work there comparatively easy and had little trouble in beating on their own ground many better "prepared" students whose equipment embraced more knowledge but less wisdom.

We plead for less pressure on budding minds. Even adults in our day are often wickedly overworked, but the adult is supposed to have enough knowledge of his own strength not to overdo. The child on the contrary does not know the limitations of his powers and is in greater danger of being overburdened. Then something snaps, and it is too late to help.

Of course it is the fashion for parents to get rid of their children by packing them off to school as soon as they can toddle. This throws on the teachers a heavy responsibility which rightfully belongs on the parents and which they should not be allowed to evade.

Of the two classes, parents and children, I believe parents are in the greater need of education. I see little to complain of in the intelligence displayed by children, but parental ignorance is a greater death cause than pneumonia is, tho the statisticians never mention it.

But parents are incorrigible, and the dullest pupils in the world. It is for this reason partly that education seems to bring such meager results. If the parents would again come to realize their duty to their children as they once did, instead of shifting it on to the public school system and running off after false gods, what might not be done? True co-operation between the home and the school, not in the interest of either, but in the interest of the child alone, will yet be arrived at, and it will work miracles.—Pathfinder.

ATTEMPTED VACCINATION OF BROOKLYN SCHOOLS. Superintendent Maxwell has directed that every school teacher and pupil in the public

schools must be vaccinated or else stay at home. Many of the pupils have been vaccinated, but a number of the instructors have defied the superintendent. Teachers who refuse to obey, it is said, will be forced to leave their classes, and some of them have announced that they will not be put out, or in any way relinquish their rights to teach.—Modern Medical Science.

NOT VERY SIGNIFICANT.

Life takes off as follows the wierd investigations sometimes made by sociologists, child-study authorities, etc.:

One hundred children were handed each a hot iron. Thirty-three boys and eighteen girls said "Ouch!" Twenty-five girls and ten boys said "Oooch!" Of the girls who said "Ouch!" seven had pug noses and one toed in. Thirteen boys born of foreign parents said "Ooch!" The conclusion to be drawn from this interesting experiment will be embodied in a book and published in the Practical Science series.

Under authority of congress Columbian university, Washington, D. C., is to be known hereafter as Geo. Washington university, owing to the confusion of the old name with Columbia university, New York. This school is an old one, having been projected by Washington, and by adopting the change of name it is to receive an endowment of \$500,000 from the George Washington Memorial association.

BRAIN PICTURES.

David Paulson, M. D.

Careful medical observations have revealed the fact that there are definite portions of the brain wherein are stored up certain classes of mental pictures. For instance, a tumor or injury on the lower left side of the brain will cause the patient to forget how to speak words, the memory of which he has been gradually storing away there from earliest childhood. A similar inury in a certain

cause him to lose the memory for all

written language.

What we read, see, or hear, is as real as the money we put into our pockets; and altho we are unable to recall it all, vet it is there. During a fall from some high building, or crisis, some have often had flashed back to them a multitude of past memories which had been forgotten for years and years.

The picture you gaze upon to-day is leaving an impression on your brain that is as real as the picture that the bill-post-

er is posting on the bill board.

There are many old "nigger mammies" and "uncles" in the south who are loved by all that know them, white and black, but in whose behalf no race issue is ever raised. Such a case was that of "Aunt Ellen" Jasper who was buried at Richmond, Va., the other day. She had nursed in prominent white families for half a century and her pallbearers were all white men who thus paid honor to her devotion.

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We quote the following from a letter that was sent us from New York a few days ago. We know of no institution that comes nearer the ideal our correspondent is looking for, than the Ruskin University at Glen Ellyn, Illinois. That institution has an industrial department where students may work to pay their way thru college. The environment is good, and those who are in charge of the work are earnest promoters of humanity's cause. Write them for particulars:

"Do you know of any institution or school in the country where children may be given the opportunity to acquire an education thru self-help, amid surroundings which would promote and foster a pure life and the desire to become selfreliant men and women? If so, I should be much obliged to you for any information vou can place in my way to locate this haven of hope. I am a subscriber to the Character Builder and the many excellent articles pointing the way to a better civilization which are given to

place near the back of the brain will your people in its pages are an inspiration to a higher civilization, and this environment cannot as yet be found in the effete east. I have two sons and two daughters just budding into young man and womanhood, and such an opportunity as described above would be a matter of profound satisfaction to me."

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CAMPAIGN EXPENSES. Most of the campaign expenses represent an extravagant waste of money, but the contributors do not worry, because they know it will all come back to them with interest. Nevertheless, campaigns can be run with less money, and when the people become fully aroused to the corrupt influence of the present order of things and understand that they are held up by special legislation and compelled to pay back several times the amount of contributions they may conclude that it would be cheaper for the government to pay campaign expenses as it does election expenses.—Sioux City Tribune.

There has not been a time in fifty years when the theatre was at so low a level as it has reached today—when the impulse is vanity, the motive is greed, the method is sordid engrossment, the aim is exclusively "business" and the result is a barren traffic and an arid waste. —William Winter in New York Tribune.

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Yale university spent last year for intercollegiate athletics, on football, \$28,-471: baseball, \$14.712; boating, \$16,167; and on tracks, \$9,746. This makes almost \$70,000, or enough to run a fairsized college.

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At Dresden, a few days ago, a blind man crossing a street was struck on the head by a cart. It has now been found that the shock has restored the man's sight.

"Why, Ethel, you don't mean to tell me you want to marry that bald-headed Professor Wiseman?"

Ethel—It is true he is bald, but think how many young men of today are bald on the inside of their head.

****** Publisher's Page, *******

The CHARACTER BUILDER

For Home and School.

A magazine devoted to Physical, Intellectual, Social, Moral and Spiritual Training.

\$1.00 A YEAR, IN ADVANCE.

Published by the HUMAN CULTURE COMPANY, Salt Lake City, Utah.

Entered November 29th, 1902, at Salt Lake City, Utah, as second-class matter under Act of Congress of March 3rd, 1879.

RATES FOR ADVERTISING:

One inch, per issue, \$1. Rates for larger space furnished on application. We accept no advertisements of liquors, tobacco, tea, coffee, patent medicines, drugs, quack doctors, or fakirs of any description.

Business communications and letters to the editorial department should be addressed to No. 334 South Ninth East Street, Salt Lake City, Utah.

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Physical and Moral Education, ****

A SONG OF PEACE.

Put off, put off your mail, ye kings, and beat your brands to dust;

A surer grasp your hands must know, your hearts a better trust.

Nay, bend aback the lance's point, and break the helmet bar,

A noise is in the morning winds, but not the note of war!

Among the grassy mountain paths the glittering troops increase;

They come! they come! how fair their feet—they come that publish peace,

Yea, Victory, fair Victory, our enemies are ours,

And all the clouds are clasped in light, and all the earth with flowers.

Ah! still depressed and dim with dew, but wait a little while,

And radiant with the deathless rose the wilderness shall smile,

And every tender, living thing shall feed by streams of rest,

Nor lamb shall from the fold be lost, nor nursling from the nest.

—John Ruskin.

TALKERS AND DOERS.

As I look over the pages of history, it seems to me that the talkers have a good deal to say for themselves. Homer, the greatest of the Greeks, did nothing but Buddha, the greatest of Hindoos, did nothing but talk. And so with Luther, the greatest of Germans; Dante, the greatest of Italians; Shakespeare, the greatest of Anglo-Saxons, and a host of other great men, they did nothing but And in recent times, Ruskin, talk. Carlyle, Whitman, and many others, have deserved well of their generation, altho they did little but talk. I don't know why it is so, and perhaps it ought not to be so, but somehow talking seems to keep its end up pretty well as against acting. Words, if honestly felt and meant, have a way of clothing themselves in facts, and the jawsmith (as Dr. McGlynn used to term himself) may fairly claim to rank sometimes with the seilversmith and the blacksmith.—Ernest Crosby in the Whim.

A BORN AND CALLED NURSE.

Nurses like poets are born, not made, altho there are many manufactories of them now running. It is reported in the newspapers that "Miss Blair, one of the most popular of the St. Louis society belles and a member of one of the old prominent families of the city, has voluntarily given up the life of pleasure to which she was born, to work among the poor and nurse the sick. She spends all of her time in caring for the unfortunate ones who come under her attention and says she is much happier than she was when living amid a round of balls, parties and receptions."

Miss Blair's determination to make thecare of the sick poor her life object followed her participation in a charity entertainment, during which she discovered how wide a field there was for such selfsacrificing labors as she is now engaged in. She took a course of instruction at a nurse's training school in New Orleans, and is now quite capable of caring for sufferers from any illness. Miss-Blair cannot understand why so many of her friends express pity for her.

"I do not need any sympathy," she said, "unless it is sympathy for the suffering poor. Caring for the sick poor is a sort of dissipation with me. There is nothing that gives me so much pleasure as aiding a patient."

She—"How long have you had that dreadful dyspepsia?"

He—"Ever since I had enough money to enjoy myself."

NEW DOCTRINE OF LABOR.

Carroll D. Wright, United States Commissioner of Labor, in a speech before the Ethical Culture Society of Philadelphia recently, expressed the belief that the wage system will pass away and that the system which will take its place will be composed of the profit-sharing and co-operative plans. Under this latter system, he says, "the work-people will acquire the interest of investors; the more capable will rise to their opportunities, and the less worthy will find their Of scarcely less interest than his prediction of a new labor system was his approval of a plan to insure labor against incapacity resulting from accident, illness or advancing age. The German idea was quoted, under which the employer pays one-fourth the cost of a sick and death benefit policy, the employer one-fourth and the government one-

"England," said Col. Wright, "has taken up this system and we of the United States are steadily approaching it." Continuing he said: "Capital charges to the consumer the depreciation of property and machinery. Why should not the depreciation of labor machinery, its hands, its brains, its body be included in the final cost?"—The World's Events.

IF TRUTH SHOULD PREVAIL.

Truth may be compared to a boiling geyser; no matter what effort is made to put it down, it will rise, like a bright electric light, to lead mankind to their destined haven of rest. A Disciple of Truth may be killed for his presumption, but the Truth still remains. Ignorance kills millions every year, when the light of Truth would prove a savior.

The multitude in the world will keep up the attempt to strangle Truth.

Why? If Truth should prevail what would become of the legal fraternity? If Truth should become universal, disease would be no more; and what would become of the medical fraternity? If Truth should become universal, all mankind would become honest; and what

would become of the police department? War and murder would cease; and what would become of the military department?

If Truth was universal there is not a profession on earth that would have a moral excuse for existence.

If Truth should become universal, religious creeds would melt from sight like tallow in a furnace.

If Truth would become universal, fine clothes would no longer cover the hypocrite, the harlot, and the sinner. Credits would cease, panics would end, goods would sell themselves; one man could no longer deceive and cheat another. If Truth could be universal, there would be such an upheaval of society as was never seen on earth.

Ah, no! Truth will be fought to the bitter end by all but its converts. But—Truth can never be put down; if ever man on earth should battle ,gainst it, it cannot be put down, for Truth is mighty and must prevail. Know the Truth and the Truth shall make you free.—J. E. Rullison, M. D., in Psychic Review.

BLOUNT'S "GOSPEL OF SIMPLI-CITY."

"Thefore, you who are eating luxurious dinners, call in the tramp from the highway and share them with him-so gradually you will understand how your brother came to be a tramp, and practically make your own dinners plain till the poor man's dinner is rich—or you are no Christians; and you who are dressing in fine clothes, put on blouses and aprons, till you have got your poor dressed with grace and decency—or you are not Christians; and you who sing and play on instruments, hang your harps on the pollards above the rivers you have poisoned, or else go down among the mad and vile and deaf things whom you have made, and put melody into the souls of them—else you are no Christians."

(2d Letter, Ruskin's "Fors Clavigera.")

Both Hope and Faith are renewed in the soul of every Ruskin lover who reads Godfrey Blount's little booklet. However much at times it seems to have been lost to our day and generation, the gospel of humanity, according to John Ruskin-and indeed, according to that other John called The Divine—is surely, if slowly, encompassing the civilized world. In connecting the dead prophet Ruskin with his living and working follower, Blount, there is no wisdom in thinking, comparatively, of their respective gifts; but the facts of practical progress, fuller mental development and continuity of creed and work are apparent in the labors of our friend and brother artist. Each in his day a true servant of humanity and not unworthy by his labors and his gifts to rank as a master workman.

With so much of charlantanism and sociological quackery and amongst us, with so many of us lukewarm and half-heartedly confessing our faith, one reads and re-reads Ruskin's ringing tones in "Fors Clavigera" with deepened convictions of his prophetic and inspired insight. Amongst latterday prophets he seems at the first and earliest, and yet we return again and again to his as the last words to be said. The rest remains for us, first individually and then potentially, to be and to do. But to the great body of our people, living in an atmosphere of superficialities and materialism, the very intensity and spiritual force of Ruskin often become a barrier to their enlightenment and con-Godfrey Blount's little bookversion. lets,—for this, my tribute of personal appreciation appplies to all the episteles and books,—may be lacking in Ruskin's fire and genius, but every sentence breathes of an equal devotion and conviction; and so much patience and reasonableness is mingled withat that "Gospel of Simplicity" seems ideal Letter to place before every intelligent and truth-seeking brother and neighbor.

With conditions concerning the ownership and transfer of land here in America, so much more in favor of the return to the soil, one feels that the time and place for both are ideal for missionary literature of this type. Could the city toiler and artisan—whom monopoly and usury take daily by the throat, saying "pay me that thou owest!" realize how little is really vital to his sustenance beyond that which he and his offspring could cultivate from a small plot of land, surely the great Exodus of the twentieth century would be dated from this very Springtime.

For centuries past the thing called Art has been a synonym for selfishness and An excuse for physical sloth and self-glorification on the part of those who produce it; a seeming absolution for social and financial piracy when its ungodly fruits were invested therein. Godfrey Blount's mission is to teach artists and craftsmen especially that true Art and Religion are but the flower and perfection of right living. That work and some measure of physical toil are as the refiner's fire, whereby the fine gold of perfect manhood and womanhood are re-When men and women capable of producing scholarly and beautiful things voluntarily take their part in toil that is neither inspiring nor enjoyable, but may yet be necessary, then the Gosof Simplicity will be an inspiring reality. And by the very nature of their gifts and spiritual conceptions this gospel is first revealed to them, and the obligation is that we be doers of the word and not hearers only.—Frederick Parsons, in The Whim.

MUNICIPAL BILLBOARDS. The German city of Freiburg has established a system of municipal bulletin boards. There are fifty of these display places in the city situated where they will attract the most attention without injuring in any way the appearance of the street as a A person having something to announce goes to the city hall with his bills, pays his fee, which is 25 cents a square foot for the first day, and 10 cents for each succeeding day with liberal reductions for long periods. city bill poster thereupon puts up the advertisements, and the city makes a nice revenue out of the enterprise.

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4 4 Suggestions to Parents and Teachers, 4 4

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WHAT SHALL BE TAUGHT, AND WHO SHALL TEACH IT?

By Mary Wood-Allen, M. D.

The thought of earnest minds is very generally turned to the subject of public virtue, and to the pessimistic the outlook seems almost hopeless, but those who see in the seething, struggling masses of humanity only the every varying phases of a problem working toward solution, find encouragement even in the appalling darkness.

Philanthropists of all types may be divided into reformers and pre-formers, each, in its own place, of pre-eminent importance. The reformer is one who works in the present, taking account of present conditions and endeavoring to change them into something better. works to overthrow existing evils either in men, opinions, or laws. The pre-former works, not for the present, but for the future. His aim is not to lead the sinner from the error of his ways, but to prevent men from becoming sinners. The result of the reformer's labor is more immediate; that of the pre-former's, more permanent. Today, the work of the reformer must precede that of the pre-former, for there must be reforms in thought before the public will accept the idea that prevention is more effectual than reformation and knowledge is the surest protection. But day by day the thought is taking root and stronger and clearer comes the demand for adequate scientific, authoritative instruction, and with this demand comes the query, What shall be taught, and who shall teach it? How far shall a girl be kept in ignorance of the social conditions of the world under the idea that ignorance and innocence are synonymous? How far shall the boy's acquaintance with himself be left to chance or to the unreliable instruction of companions whose knowledge has come

thru polluting experiences? A theory is held by some that instruction in purity means of necessity enlightenment as to impurity, and a consequent temptation to become practically acquainted with it; these theorists claim that it is wise to leave young people ignorant of all facts pertaining to themselves sexually until life in its various phases of experience shall unfold such knowledge to them. But this theory mistakes the problem presented to us. The question before us is not, Shall we leave our children in ignorance and innocence? but it is rather, Shall we ourselves instruct them in a high and reverent regard for themselves in all their powers? or leave them to receive enlightenment from those who will surround the subject with a glamour of evil mystery that shall forever make all thought of it impure? Can there be more than one answer to this query by the thoughtful parent?

Before we answer our query of what shall be taught and who shall teach it? let us ask, What is being taught and who teaches it? The answer may appall us, but it may help us to solve the problem of our duty. We learn that the teachers of evil gather around the cradles of our babies and in the sanctity Christian homes evil lessons are learned from servants, nurses or chance companions—lessons that not only soil the purity of thought, but that even infancy may establish habits that destroy both body and soul. We find that children, scarcely more than babes, are hiding away in their little hearts dark secrets of which they make no mention to the fond parents, who falsely imagine that their darlings are ignorant because they have had no instructions from father or mother.

Mothers are continually being horrified by the revelations made to them by their own children as they begin to mingle in the larger world of childhood out-

side of home, and are inclined to blame these little teachers of evil as wholly evil In the public school our themselves. darling meet unfortunate children who are constantly seeing and hearing vicious things in their own homes, but they are not responsible that they are thus pol-The responsibility rests upon us, who, knowing the sacred truths, have left these little ones—our own among the number—to perish for lack of know-When the parents of children are not fitted to teach them, it becomes the duty of the school teacher, in loco parentis, to instruct them in morality of life and purity of thought, word and deed. Mrs. Lance, in her excellent leaflet on the "Teacher's Responsibility in Creating a High Moral Standard," says, "Insist on the sacredness of human life. Teach them to hear reverently the words, father, mother, husband, wife. Remember that in the nature of each of your scholars there are emotions on the side of morality. You have not to create, but to appeal to a moral sense." continues: "It is never too early to begin moral education. Even in the infant class there is something to be done. To the little ones speak of the duties to parents, brothers, teachers, companions; and as they arrive at an age to form other relations, speak of the supreme human relation, marriage. Every subject you handle stands out in your scholar's mind as a subject to be approached seriously." These words commend themselves to our better judgment, but what is our universal teaching upon this subject? I do not mean our direct, but our indirect teaching. Why is it that in every assemblage of men and women the topic of marriage brings a smile? Why do Christian men and women refer to it as a jest? We begin even in the babyhood of our children to teach them to think lightly of marriage. We tell them that they are lovers and sweethearts, husbands and wives, thus making them conscious of sex, and instilling into their minds the idea that their association with each other is based upon a sentimental relation which has its basis in sex. A writer in Babyhod says wisely: "If we would

have a virtuous maturity we must have a sexless childhood;" and yet we are not willing to allow the associations of children to rest upon the foundation of a frank comradeship, but with our own hands we plant in the innocent childheart the seeds of sex-consciousness, and in later years wonder, with tears, or even breaking hearts, why our children should know of so much evil. We are surprised at the crop of later flirtations which spring up from the seeds we have sown.

While thus embarrassing the young with a consciousness of sex, we at the same time are claiming it to be indelicate to give them scientific information as to facts of sex. Add to this the double moral standard, and we have a prolific cause of the many evils which constitute

the so-called social problem.

Malthus says: "If violations of chastity were equally dishonorable in both sexes, a more familiar and friendly intercourse between them might take place without danger. Two young people might converse together intimately without it being immediately supposed that they intend either marriage or intrigue, and a much better opportunity would thus be given both sexes of finding out kindred dispositions and of forming strong and lasting attachments, without which the married state is much more productive of misery than happiness. Passion, instead of being extinguished, as it now too frequently is, by early sensuality, would only be repressed that it might afterward burn with a brighter, purer, steadier flame, and the married state, instead of being looked to as affording means of immediate indulgence, would be regarded as the prize of industry and virtue, and the reward of a genuine attachment."

We hold ourselves culpable if we neolect to prepare our children for death, and yet hesitate to prepare them for life, the only thing that gives to death any importance. But to prepare for life, what shall be taught, and who shall teach it? Naturally the first teacher is the mother, who teaches by her looks, her tones, even more than by her spoken precepts. Her first care should be to teach the sacredness of the body and prevent the formation of evil habits. Her teaching should be so explicit and direct that it will leave no room for the curiosity which might invite evil instruction from companions or chance associates. The father, with judicious counsel, should feel it his duty to strengthen the impression made by the mother. If the father remains silent, the child may come to think that the mother's warnings are is the origin of life. The child sees all founded on fancies and not on facts.

Among the first truths to be taught is the origin of life. The child sees all around him a wonderful mystery. seeds planted in the garden are springing up into living plants; the birds build and brood in the trees; and the home circle is being widened year after year by new members. What does all this mean? Whence comes the new life of plant or bird or babe? If this curiosity of the child were evil in itself, would nature have made its suggestion so universal that, even without instruction, the observant child can almost learn its anthru his own eyes? Ιf query is natural and allowable, then should its answer be immediate truthful. Experience is teaching that this is the only true wisdom, and the giving of plain, truthful answers to the child does away with all prurient curiosity. But now the child, advancing into youth, finds new questions dawning upon him, arising from his own emotions. He is approaching the domain of maturity, and is passing thru a border land beset with peril. Shall he be left in the darkness of an unknown path to stumble on in the almost unjustifiable hope that, somehow or other, he will get thru safely? Or shall he be wisely instructed so that, seeing the straight upward path before him, he shall heroically climb, heeding not the seductive bypaths, nor lured by siren songs? Light is a protection; and before the light of divine truth, evil flees away. must be the divine light that we throw on the pathway of the youth, not a vivid flash that reveals some evil only to envelop it in a mysterious glow that allures to further investigation. Lurid descriptions of palaces of sin, accompanied with a word of warning that is scarcely heard amid the portrayals of glittering dangers are not what is needed; but the teaching of the sacredness of life; the value of true manhood and womanhood, not merely to the individual, but to the race; the dignity of fatherhood as well as of motherhood; the truths of the transmission of good and evil; the fact that virtue means manliness, and that morality is as necessary for man as for woman.

Young men need especially to taught that morality is for them physically safe. Here the physician should become the authoritative teacher. the profession is beginning to recognize its responsibility in this respect is proven by editorials in late numbers of medical journals. We quote from the Medical Record: "It is on this line that the physician can do good work. Let him on all suitable occasions combat the idea that indulgence is necessary health, and maintain with equal truth and force that chastity is perfectly compatible with full vigor, that it conduces to strength of mind and body, is the foundation of the purest morality, is the effectual safeguard against any most form of prostitution, and the only and absolute answer to the possibility of controlling this widespread vice. If every physician would be a missionary in his own field and would inculcate such a doctrine, especially among the young, effect upon coming generations the would be beyond calculation for good, and would prepare the way for that perfected education in morals which would strike at the very root of the evil."

The value of true manhood lies in the fact that desires are conquered, temptations overcome, and self-control acquired. Even in marriage, self-control is necessary, for the married state is not an excuse for indulgence, but demands that Christlike love which worketh noill to one's neighbor, and no neighbor is so near as the wife. The idea that marriage conveys a woman to a man as his property, to own, use and control

absolutely, is subversive of true morality. As Mrs. Duffey says: "Only the most unsullied purity, the most chaste affections, the chastened passions, either in marriage or out, constitute the highest and most perfect law of our being. Marriage should not be a cloak for lust in man, nor a condemnation to servitude and abasement in woman. A woman is no more bound to vield her body to her husband after marriage than before, until she feels that she can do so with full willingness and affection. Mothers should teach their daughters so that they would enter marriage shrinking from any violation of this right to themselves as they would shrink from mortal sin."

I would add to this that parents should teach their sons that true manliness which recognizes the divine right of self-ownership of the wife, and self-control of the husband. I say right of self-control instead of duty, because I believe the day is at hand when men will claim the right and privilege of purity as theirs by divine gift even as it is now so considered for women.

The teaching of the girl should not be so much an exposure of existing evils scientific knowledge of physical facts and a profound reverence for herself as a woman, a possible wife, a potential mother. With this accurate information and self-respect she is better protected than by an elaborate theoretical acquaintance with the social conditions of the world at large. She may not be fully enlightened as to the "evil that men do," but with her stock of scientific knowledge and her innate respect for her own womanhood she instinctively recognizes the safe course of conduct. and does not, thru her ignorance, become a source of temptation to men who are not honorable enough to protect her against themselves. If she has been taught the truths of heredity and the right of every child to an inheritance of health and purity, she, as a result, scans more closely the health and habits of the man who offers himself as a husband, realizing that that offer includes the proposition to become the father of her children.

But all teaching of the girl should have its counterpart in like instruction of the boy. It is not enough to teach the one and leave the moral condition of the other untouched. The social condition of the world must be changed thru the truth taught to both sexes. and the teachers are not fathers The school, the press, mothers only. the church are even now teachers on these lines, and not always teachers of When even our Christian papers will print jests, the point of which lies in an allusion to intimacy of young men and women, it is time that steps were taken to impress them with an appreciation of their influence and its importance. Our papers are blind. do not see whither their influence is tending. Not only should scandals and crimes be banished from our home papers, but all jests concerning the young man who stays late with the gas turned low and the like should be tabooed. These jests point to a dangerous social condition among us. Dr. Percy, in the Medical Record, sounds a note of warning we would do well to heed. He says: "Individual reformation is to be accomplished by a process of pure education on all matters relating to sexual life. I plead with you to do all possible to change the pernicious fashion in our American life that permits the chievous relations between the sexes after the engagement which is supposed to be the prelude to a healthful and happy marriage. The American parlor after dark is the open door to the possibility of all forms of sexual excess. Young women, leaders in our prayer meetings, shining lights in the Christian Endeavor societies, do not think it wrong to sit on the laps of their best young men until the small hours of the morning. They do this under the mistaken but hellish notion that it is love." If these young women had received the true, accurate, scientific information regarding physiology as a whole they would not make such mistakes, and public sentiment ought to demand that this instruction should be given in schools, under the fostering care of the church

and state. As Dr. Elizabeth Blackwell "When the church recognizes that one of its difficult, but glorious duties is to teach men how to carry out religious principles in practical life, it will perceive that the foundation of all righteous life is reverence for the noble principle of sex. No church performs its duty to the young that fails to raise the fundamental subject of sex up to its proper level. It is bound to rouse every young man and woman of its congregation to the perception that respect for the principle of sex, with fidelity to purity, is a fundamental condition of religious life. Then will human life begin to shape itself according to the principle of God's truth; the law of inherited qualities will strengthen each generation into nobler tendencies, and our nation renewing its strength will grow into an humble but glorious exponent of the divine idea." Then "they that be wise (they that cause others to discern the truth) shall shine as the brightness of the firmament, and they that turn many to righteousness as the stars forever and ever."

DON'T PUSH THEM. Some day, perhaps, we will return to sane methods in the teaching of children. Speed that At the present time the ones are the victims of education gone Their small heads are troubled with things beyond their understanding and they are made to say things like a parrot. Fancy a little grammar student of ten attempting to diagram a sentence taken from a history of mythology! And fancy a child of nine struggling to read, ancient history, with all the latter's unpronounceable names! It is wrong—all We are not teaching children wrong. in these days. We are simply attacking their nervous systems and racking their undeveloped brains.—Indianapolis Star. —o—

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THE TREND OF THE TIMES. The Waterbury, Conn., board of education, as the conclusion of a long and bitter contest, has decided, in a full vote, to repeal the long standing rule that all children in the public schools must be

vaccinated if they would receive instruction at the city's expense.

The mover of the resolution, Commissioner Wooster, added: It has always seemed strange to me that while the American people will trust the life and liberty of a fellow citizen to the intelligence of a jury, they will yet try to force a man to treat his children in a way he considers not only wrong but also dangerous;" and that, in view of the plea that the children' of others are not protected by their own vaccination!

THE GOVERNMENT TO BE.

Thru the clamor and the riot
That is heard from sea to sea,
I can feel the coming quiet
Of the government to be.

Vain the effort to dissemble, For the truth is clear to all, And the old conditions tremble Like a ruin doomed to fall.

Vain the veiling and disguising
Of the evils that exist.
For new systems are uprising
From the wreckage and the mist,
And the mills of God are slowly,
Surely grinding out their grist.

As the sun first tints the border Of the darkness with his light, So the faint, far gleam of order Gilds the chaos of the night.

And the dawn shall grow in splendor
To the fullness of the day
When the hands of greed surrender
What from toil they tore away.

For the land to all was given—
It belongs to you and me;
Let monopoly be driven
From the fortress of the free,
And let liberty bid welcome
To the government to be.
—Ella Wheeler Wilcox.

Purposes, like eggs, unless they be hatched into action, will run into decay.
—Smiles.

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SUGGESTIONS ON HOME MAKING.



Edited by Mrs. M. K. Miller, Instructor in Domestic Arts, L. D. S. University.

THE DIETETICS OF MOSES.

The old Hebraic law against the use of certain articles of food have been ridiculed by many and looked upon as the antiquated notions of an ignorant people. But a closed look at these dietetic regulations will reveal the fact that the ones who laugh at them are really the foolish and ignorant, and that the Jewish prophet actually promulgated some first-class up-to-date gienic principles.

The Hebrew regulations begin with the slaughter of animals and the inspection of meat. The Jewish butcher must kill by severing the pneumogastric nerve, the carotid artery and the jugular vein. this way death is instantaneously produced and the blood does not collect in the tissues, thereby rendering the animal less liable to decomposition.

Then the "shochet" or meat inspector as we would call him, must carefully examine the lungs of every slaughtered animal for traces of consumption, and the heart and the digestive organs are scanned for any mark of disease. If any taint is found the animal is stamped "treife" or unfit for food.

The camel is rejected as food, and modern science has shown that its flesh is one of the most indigestible of all animal tissues; it decomposes quickly and furnishes a good soil for bacteria. Rats, mice and other rodents are prohibited as food as they are peculiarly liable to disease.

The Jewish interdiction includes the mole, the weasel, the lizard, the hedge hog and swine. It is on this last where the Jew and the Gentile part ways. Yet we know that the pig is badly exposed to disease, hog cholera especially being not an uncommon thing.. Trichinosis. as is well known, is a disease produced by eating pork. Our modern dieticians all inveigh against the use of pork in any form as food.

The eagle, the hawk, the vulture, the stork, the swan, the owl and the raven fall under the ban of Moses, because of the indigestibility of their flesh. sects and reptiles are tabooed; they form the lowest types of animal life and if eaten at all it is only by the lowest class of savages. The Hebrew boycott extends to the snail, the tortoise, the crab and the mussel.

These dietary laws of Moses that have been passed lightly by as the old fogy notions of an ancient law-giver prove on closer inspection to be healthful and hyas well as scientific rules of gienic, health. Moses was not so slow after all. In fact, he was a great sanitarian. He had charge of a little army of people and must look after their welfare. Sensibly enough, he recognized that diet plays an important part in the health of a people; that a whole page full of diseases can be traced to errors in diet. He foresaw that if the Israelites were allowed to eat anything they wanted he was liable to have a lot of sick people on his hands; he would have to provide nurses for them, write prescriptions and ladle out pills. He hadn't time for this; he had more important affairs to attend So the inspired old law-giver very wisely disposed of the whole matter by instituting some sensible dietetic rules and affixing a penalty for their violation. That settled the matter and he was free to turn his attention to other things.

Moses' idea was a good one. It is a great deal better to restrict the diet to wholesome articles of food than to suffer the consequences that are sure to follow the eating of things that are unfit for food.—E. P. in Medical Talk.

DIFFERENT WAYS OF COOKING FOODS.

There are many ways of cooking food. It can be fried or boiled or baked, or roasted or grilled or broiled, according to whether it be vegetables or meat. To fry meat or to fry vegetables is perhaps the most unwholesome and indigestible

way of preparing them.

A good, mealy, well-baked potato is healthful, nourishing food. But a fried potato, saturated with fat, becomes in the stomach an indigestible, unwholesome mass that sets up dyspepsia in a short time. So it is with all vegetables and fruits—frying largely destroys their nutritive value and places a heavy task upon the digestive organs. The same may be said of fried meats, fried steak, fried bacon, fried sausage. Splendid articles of food, full of nutritious juices and tissue building fiber, but rendered entirely inert by the process of frying.

Baked, roasted or boiled food is a great deal more wholesome than fried food. But baked or roasted food is often dry and tasteless and boiled food is robbed of its nutritious juices which are extracted from it by the water in which

it boiled.

One of the problems of the housewife is so to cook food that it will be palatable and appetizing and still retain its nourishing and strength-giving qualities. Some women go on in the same old way that their mothers did, frying and boiling and never once giving any intelligent thought to the science of cooking. But there are other women who are alert to every new idea, to every advance that can be made in the art of nutritious, preparing health-giving food. They are clever and keen-witted enough to see that the health, therefore, the happiness of the household depend in large measure upon the quality and the preparation of the food they serve to their families.

Food becomes a part of us and largely makes us what we are, both physically and mentally. Poorly selected food, cooked in an indigestible manner, is responsible for many an ill-natured husband, and for cross and fretful children. When women awaken to this fact they will give a great deal more attention to cooking than to the adorning of themselves and their homes.

As said before, there are some women who have given this subject much and practical test. cooked by steam has been found to be more_satisfactory than almost any other Steam does not dry out the method. food like baking or roasting. Neither does it sap away all the nutritive juices like boiling does. The steam insidiously permeates every part of the meat or the vegetable, cooking it thoroly tender, and yet leaving it succulent and wholesome, filled with its own juices, and redolent with its natural flavor.

We believe every woman at the head of a household should acquaint herself with the different methods of cooking. Get out of the old rut of frying or boiling everything and see if this new idea of steam cooking is not a good one. Various devices have been invented that render steam cooking very practical and easy, and there is little excuse for a woman refusing to give at least a fair trial to anything that promises, in fact, has been proven to be a very wholesome and nutritious manner of preparing food.

Did you ever eat a dish of steamed rice or steamed vegetables of any kind, or seam-cooked meat? If not, you have coming to you a very pleasant experience. We would be glad to hear from any of our readers who have adopted steam cooking.—E. R. in Medical Talk.

--0-MEAT SUBSTITUTES. Persons suffering from uric acid poisoning as the result of long continued use of flesh foods need to give a great deal of attention to diet. Gout, rheumatism and other uric-acid diseases are practically always the result of wrong eating. man never has gout unless he eats it. One who has gout, rheumatism or any other disease due to uric-acid poisoning should avoid all foods which contain uric acid. A mistake which many make in an effort to reform is in dropping meat from the bill of fare without substituting some wholesome thing in its stead. Flesh foods consist almost exclusively of There are other foods, both proteids. animal and vegetable, which furnish proteids in a more digestible form than

is found in meats. Eggs, for example, are an excellent proteid food. An egg contains everything which is to be found in a chicken, with the exception of uric acid.

Peas, beans and lentils contain a larger proportion of proteids than is found in beefsteak. In the moist form in which these are served at the table the proportion of proteid is, of course, less than in meat. A pound of baked beans, for example, contains from one-third to onehalf as much proteids as an equal weight of beefsteak, but this is no disadvantage, for beefsteak is always taken with other foods which contain little proteids; as for example, potatoes, rice or other carbonaceous foods. Beans, also, are excessively rich in proteids and should be eaten with potatoes or other carbonaceous food.

Nuts are, of all foods, the most perfect analogue of meat. They contain both proteids and fats in large proportion. They are a perfect substitute for meats. If taken raw it is only necessary that they should be very thoroly masticated. They are more digestible when crushed or prepared in some one of the numerous ways in which nuts are now offered as foods. Protose and nuttolene are perhaps the most digestible of all the nut products which are at present offered. Milk is also a proteid food which may be substituted for meat. With many persons, however, raw milk does not agree. Such persons may use buttermilk or cottage cheese.

The recent observations of Horace Fletcher indicate that most people are suffering from an excessive consumption of proteids. His experience and that of others clearly indicate that a cereal like wheat or corn contains proteids in ample proportion, so that one may live for an indefinite length of time on a diet consisting of any good preparation of wheat or corn, with a small amount of fat (one ounce and a half to two ounces daily) and fruits.—Good Health.

DIET OF THE JOLOS. A recent writer in the Scientific American describes the Moros of the Island of Jolo

as a race of perfect physical type and possessed of great energy and independence. Their diet consists of rice, fruit and vegetables, some fish, but never flesh. Tropical fruits of all sorts grow in great abundance. The durian and the mangosteen are among the choice, rare fruits which flourish in great abundance in this land of sunshine.

Here is an object lesson worthy the consideration of those who regard beefsteaks as essential to the development of strong and enduring bodies. There is probably no race of men more hardy or more active physically than these Jolo Islanders. Their diet is that of the gorilla, and their muscles are little less sinewy than are those of this forest giant, which easily snaps in twain the rifle barrel of the hunter and kills him with a blow of a club, but disdains to soil its teeth with man's flesh.

Little by little men are learning that when the Creator made man and gave him his bill of fare he knew what was best for him. Natural food develops to the highest degree the natural powers of the body and natural resistance to disease.—Good Health.

Those who dislike a raw egg can try the following:

Pour boiling water on the eggs in an open stew pan, set it on the back of the stove. In about six minutes the whites will be curdled. If the whites are soft they will digest as easily as a raw one.—
John Wetherbee, Fruitland, Florida.

PREVENTIVE MEDICINE.

American Medicine laments the slowness with which the available means of conquering diseases are appreciated and used, and declares that the science of hygiene has far outstripped the practice of it and must now await the pleasure of the public. It is upon society's appreciation of health, not upon technical knowledge of disease that sanitary progress depends, for already enough is known to reduce the death rate by half as soon as the people and their legislators wish it, and there is little evidence at present of the existence of the wish.

HYGEO/THERAPY OR DRUGLESS MEDICATION.

A NEW THERAPEUTIC ERA. The era of physiologic therapeutics has arrived. The works of Dujardin-Beaumetz, Bouchard, Charcot, Roger, Winternitz, Lauder Brunton, and especially the great developments in physiology and physiologic chemistry which have occurred in modern times have laid a broad and solid foundation for rational and physiologic medicine.

Every intelligent, thinking physician can see clearly at the present time that drugs do not cure. If a sick man ever gets well, it is thru the operation of the natural functions of his body. Diet, the great pupil of Rokitanski, declared, half a century ago, that "Nature creates and maintains, therefore she must be able to heal." He insisted that this was the first law of therapeutics and a law which must always be kept in mind, but it has not always been kept in mind, and in consequence of this neglect physicians, as well as the laity, have come to place their faith in remedies supposed to be undoubtedly powerful in combating disease. But the application of the modern methods of physicians in diagnosis, especially in the examination of the blood, gastric fluids and the products of metabolic activity, have put in our hands a means of testing the effects of remedies and methods, and thus have enabled us to separate the good from the bad method, effective from ineffective remedies; and the final summing up of results is found to eliminate drug medication almost altogether from the category of actual curative agents. Drugs palliate, but do not cure. Exceptions to this rule are exceedingly few. Real curative agents are to be found in natural foods, fresh air, sunlight, hot and cold bathing, applications of electricity, massage, exercises, and other physiologic agents.

A year or two ago, the writer had the privilege of spending some time in the great Gastric Clinic and Laboratory of Professor Ewald of Berlin. The question was asked: "On what remedies do you rely, doctor, in dealing with gastric disorders?" "Diet," said the professor, "diet, only diet." "What about pepsin, hydrochloric acid, and other drugs?" "Useless, absolutely useless, except as placebos. Sometimes we may use hydrochloric acid in cases of cancer and gastric dilatation with obstruction of the pylorus, but we must use it thru a tube in order to get it in sufficient quantities to be of any value." At the Gastric Clinic of Professor Boas, the same question elicited a similar reply.

Physiologic medicine has made much greater progress in Germany than in this country; but great advance has been made in the last three or four years, and a decade from now a physician who does not rely chiefly upon physiologic measures in dealing with chronic, as well as acute cases of disease, will be branded as greatly behind the time.—Mod. Medicine.

MECHANOTHERAPY, MASSAGE, AND THE MEDICAL PROFESSION.

Whoever might feel itnerested in the subject would do well to read some portion of the literature before forming opinions pro or con. I hesitate, except to recommend those which are ordinarily accessible on massage, the Ling System of manual treatment, treatment by physical methods, etc. There are many such, old and new; also special articles in which, while in my opinion over enthuthiastic in one line or another, are no more so than many in the leading medical journals. The older books are perhaps better than the newer ones, because they are expressed in more cautious terms, are based on more simple principles, and exhibit less of bombast and conjecture than the new. Later, I may

feel emboldened to speak my mind more fully, if evidence shall be forthcoming that the profession are prepared to give this important matter a frank and fair investigation. It is a constant surprise and disappointment to me, having given much attention to manual treatment, to note how pitifully ignorant are "the leaders of medical thought," not only of the whole subject, but of its gravity, its resources, and its enormous possibilities. It is doubtful whether if a hundred of the accepted "leaders" in any community (in America), were called upon to express opinions on the subject it would be possible to find above two or three who could formulate such based upon either knowledge, experience, or appreciation of fundamental principles.

This leads me to remark that books and articles by physicians on massage, manual treatment, etc., leave much to be desired; so much that I am compelled to give a note of warning to readers that they will find more of loosely constructed empiricism than of logical scientific data; more of tradition and opinion than of formulated principles of action. The source of greatest knowledge is the standard textbooks on physiology. The whole subject must be threshed out from the standpoint of a sane, critcal review of the nervous mechanism, vasomotor tonus, cellular action and reactions, etc., always in conection with the history of disease; short, a careful estimate of stimuli and reactions, omitting, however, nothing practical in the whole realm of advanced, and advancing, medical thought.

Finally, not only can treatment be thus accomplished for a large variety of disorders, but clear, physiological principles of diagnosis can be outlined, each ably supplementing what has already become established.—John Madison Taylor, in Philadelphia and New York Medical Journal.

BEWARE OF CATARRH CURES.

It is well known that many secret catarrh cures contain cocain. The object is to get the patient in the habit of tak-

ing the catarrh snuff, with every prospect that he will continue it indefinitely. Other secret nostrums advertised to cure catarrh, asthma, hay fever, bronchitis, consumption, etc., to be taken internally, are launched on the same basis, and for the same purpose. Inducements are made to take "a full month's treatment," and then instructions are given how toorder, and the victim is told that the goods will bear no external marks. The reasons are obvious; the plan is transparent to those who will open their eyes. Doctors should explain this to the laity If we had whenever occasion offers. a law like that of Germany, requiring the formula on every bottle or package, the ignorant could not so easily be entrapt into the slavery of drug habits. That such should exist in this "land of the free" is an outrage.

PURSUIT OF THE APPENDIX, AS SPORT.

According to the Detroit Free Press, Dr. John Henry Carsten's argument to the Michigan State Medical Society against the indiscriminate removal of the vermiform appendix appears to be irregular and unethical. We have been taught to believe that vermiform appendices were what lawyers call "ferae naturae" wild things in which nobody can claim property, and which anybody is free to take. The better the appendix, the better the operation, and the more sport in the chase. An appendix is an appendix, whether healthy or not, and modern surgery has definitely ascertained that the function of the appendix is to be amputated. That is its place in the economy of man, and for countless ages nature has directed her efforts in the process of evolution, to the beneficent work of producing a vermiform appendix that could be easily separated from the patient, to-She gether with \$250. has suc-Dr. Carsten ceeded. and when advises that the appendix be left alone to wither and flap like the last leaf on the tree, it strikes us that he is counseling the surgeons to violate the ordinances of nature.

If Carsten would content himself with an imitation of the fish and game laws, and advocate a closed season for the appendix, the suggestion might be worthy of serious consideration. Perhaps might be better for everybody if no appendices were taken, say between the first of July and the first of October, and none less than four years old and not more than twenty-five by any surgeon in a season, unless the taking of the appendix were absolutely necessary to feeding the doctor's family. This would be a reasonable regulation, and it would tend to eliminate the mere pot hunter, who slashes recklessly and has a tendency to remove more appendices than his bank account really requires.

However, the details of the closed season can be worked out later. We have no desire to usurp any of the medical society's functions; but it is none too soon to protest against the pernicious doctrine that a man has a right to keep his vermiform appendix merely because it is healthy, or that he has any property rights whatever in his appendix.—Modern Medical Science.

IGNORING THE NEW UNTIL THE QUACKS FORCE IT UPON ATTENTION. An eminently OUR sound and conscientious practitioner tried in vain for twenty years or more to arouse the profession to a sense of the value of massage and mechanical therapeutics in the treatment of certain dis-At last he gave up in despair. It was not just then fashionable. Editors would not accept his articles, and the lazy-minded, the exploiters of the popular opinion, beguiled themselves with the old-fashioned sneer at the "hobbies of hobby-riders"—and the world went on in its blind way. Then came the osteopaths and the biceps-worshipers of the cheap magazines, and what the profession would not listen to from its own members was, willy nilly, forced upon the attention by the quack. It is true that other regulars and scientists prior to the quack knew all and far more than he of the value of massage, but like so much other knowledge, it was not realized in daily

practice by the leaders and by the masses of the profession. It required the compulsion of ignorant popular enthusiasm to make us actually treat our patients by these methods, and put into use the partial, veritable truth turned into an untruth by the extremeism and indiscrimination of the charlatan. But why need we carry out, generation after generation, this stupid belittling and ignoring of the new truth? There are many such illustrations as the one we have cited, of our strange indifference to methods of treatment, ten, twenty, or thirty years after demonstration has been made of their efficacy and value. Let us keep our minds open and flexible!—American Medicine.

THE CASE OF SENATOR HANNA.

An eminent and beloved politician is dead, as is alleged from typhoid fever, but, in reality, from the wretchedly unphysiologic and unhygienic treatment employed. viz: forced-feeding The illustrious patient has drugging. already exhibited vital force enough to withstand those two weeks of deathdealing treatment to prove the above claim beyond a reasonable doubt to the minds of all who are well-informed along these lines. Take a healthy jungle tiger, put him to bed and ply him with food ad nauseam, give him "the bromides," alcohol, strychnine, nitro-glycerine and saline injections, and ice-water baths, and the result would be, finally, a dead tiger! The fact of the matter is that, about every principle of hygiene has been violated; every move made tended to prevent recovery.—Dr. Charles E. Page.

THE ANTITOXIN FAKE.

The Quarterly Reminder tells how 40,000 doses of an antitoxin for enteric fever were ordered by the war office from the professor at Netley (England) who had suggested its use, and the inoculating physicians were allowed to harangue the sailors on all the transports and persuade them to be inoculated. The result of it all was briefly summed up in the "Court

Journal" of June 30, 1900—"Great and needless pain has been inflicted on our soldiers absolutely for nothing. Enteric fever has been as prevalent in the present campaign as ever it was, and has carried off more men than have fallen by the bullets of the enemy."

SAVED FROM SMALLPOX.

Omaha, Neb., March 14, 1904. Death from tetanus, or lockjaw, the result of infection from vaccination, is the doctor's report of a sad case from Pierce, in which little Merle L. Drebert

was the victim.

Smallpox threatened Pierce. An order was isssued that all pupils must be vaccinated or leave school. Merle Drebert was the son of John Drebert, a farmer living just a mile out of town, and he attended the Pierce schools, and was vaccinated in accordance with the order.

Infection followed, and two weeks ago his parents brought him to Omaha for treatment at the Methodist hospital. Despite all that could be done, lockjaw or tetanus, began, and ended the boy's life evening.—Lincoln Thursday

News.

Boston, Mass, April 28, 1904.

Editor of Vaccination:

For the past thirty-two years, since the big smallpox scare of 1872, when, as a medical student, I sought in my ignorance, to get vaccinated, and happened to strike a physician (in Philadelphia) who set me right on it, and set me to thinking. I have been a close student of smallpox and vaccination. I have unusual opportunities for studying the sentiment of a very large number of consultants from year to year, and I find that the fear of vaccination is almost universal thruout the country. A referendum vote here in Massachusetts would not only stop compulsion at once, but I am sure that it would banish vaccination out and out. The time will come when it will be a penal offense to poison the blood of any man, woman or child with the virus of cow-pox. Let me cite a single ase, that of a young woman of 35, who has been almost a physical wreck since, as a healthy, hearty little 5-year-old, she was vaccinated, and directly had a critical sickness in which her little double chin sloughed off, the scar of the sore being still visible. The tales I listen to from consultants concerning the ravages of vaccination, are something fearful. My professional work reaches thousands of people thruout the country, along the line of hygiene and personal sanitation, and I make it a point of canvassing this question invariably, and it is about the rarest thing in the world to find anyone among the laity who is an advocate of vaccination, while the dread of it is well nigh universal.

It is, of course, thru the educated ignorance of physicians in general that this hideous farce, leading to so many tragedies, is continued, in spite of abundant literature, and no end of evidence of its folly. We do know this: that there is not a scientific statistician on this earth, having studied the statistics of smallpox and vaccination, but stands just where we do-regarding vaccination as a mischievous, blood debauching nuisance,

With high regard and wishing you success in your work, I remain,

Yours very sincerely,

C. E. PAGE, M. D.

FEVER is due to the disturbance of the heat regulating centers. Such disturbances may result from three classes of causes, viz: (1) Toxic substances, (2) nervous impressions, (3) changes in the temperature of the blood. Fever is no longer, as formerly, regarded in the light of an unmitigated evil, and to be combatted irrespective of other symptoms, as it has been clearly shown that a rise of temperature is, at least in some cases, curative in its tendency. It is the result of a curative effort on the part of the body. It is not the fever, but the cause of the fever, that we must combat." J. H. Kellogg in Rational Hydrotherapy, page 90.

Sincerity is the basis of every virtue.— Bair.

YOUTH'S DEPARTMENT,

READING.

By Mrs. M. A. Loper.

How often is the thought expressed, O for more time to devote to reading, to storing the mind with thoughts shall be of real service in the accomplishing of life's best efforts! The busy worker in life's field finds that his daily round of duties demands his attention to such an extent that often it seems there is little or no time to give to the cherished companionship of books. On the other hand, the bookworm persists in devoting his time so fully to his favorite pursuit that his real mission in life is neglected, and he becomes of little or no practical use in the service of humanity. One who is intemperate in his reading, who reads in spite of the legitimate demands upon his time, may become a sort of "walking encyclopedia;" but after, all, encyclopedias are of little worth in the proper shaping of human destinies. The printed story of one such life as that of Martin Luther, William Carey, or Adoniram Judson does more for the salvation of humanity than a whole set of encyclopedias.

The human encyclopedia may imagine himself an important factor among men; but the fact is, he employes very little time in active service in the great field of life. When a boy or a girl so loses all sense of obligation to others as to become metamorphosed into a bookworm, it is very evident that the God-given duties in the home and elsewhere are being sadly neglected.

"No man is born into the world whose work is not born with him;" and surely the proper accomplishing of that work in its every detail should be the absorbing theme of the life. But he who is careful to follow the path marked out for him by the finger of divinity will find time for reading not only "the law and the prophets," but whatever is neces-

sary as an aid in the upward trend of life.

We often hear of the importance of economy, and almost unconsciously we narrow down the meaning of the term to the proper expenditure of money. But "as every thread of gold is valuable, so is every minute of time;" and every one is responsible for the manner in which he spends it. He who makes the most of life, studies to economize his time to the very best advantage. If the odd moments, so often wasted, were devoted to good reading, one might be surprised, after even a year's trial, to realize how much has been accomplished. A plowboy on a western farm, finding the book which he wished to read too cumbersome to take with him to the field, procured a cheap edition, from which he removed the leaves as needed, and in this way he was enabled to read a few moments now and then while his tired horses rested at the end of a furrow.

Much space might be devoted to biographical sketeches of those who, like Elihu Burritt, the "learned blacksmith," became scholars simply by devoting spare moments to study. "The Backlog Boy" was once the interesting theme of a lecture, which was illustrated with cheerful scenes of the good old when the boy who thirsted for knowledge was found quenching his thirst stretched out before the open fireplace after the toils of the day were done. How familiar is the story of Abraham Lincoln, of whom it is said that he first obtained "a tolerable knowledge of grammar from a borrowed book, studied by the light of burning shavings in a cooper's shop." How many of those whose names form the skeleton of history in our own country, knew what it was in early life to struggle with the disadvantages of poverty; but their indomitable perseverance was sufficient to surmount the obstacles which hindered their quaffing at the fountain of useful knowledge.

If this has been true of many in the past, why should it not be true of every one so inclined today, when good books may be had at such trifling cost?

"There is nothing that so refines the face and mind as the presence of great thoughts." And one of the most powerful incentives to great thinking is the careful perusal of good books. A wellread mind is a thinking, active mind. Its possessor may not be noted for highsounding phraseology, and the profuse use of polysyllables. His manner of expression may be noticeable because of its simplicity, but it reveals a depth of thought which is truly refreshing. What satisfaction is experienced in associating with such minds, either thru the medium of the printed page or in verbal conversation. How pure and elevating the influence, urging one to higher and nobler attainments. On the other hand, how insipid the companionship of individuals or of books representing only the worthless materials to be found in the great printed quarries of the world. And vet there are multitudes of boys and girls today who are secretly cherishing the companionship of books of which they know their parents would not approve, and which are slowly robbing them of their frankness of expression, and their beauty and innocence of char-

Among the pleasant pastimes of Redondo. California, is that of searching for moonstones among the pebbles of the beach, many of which are beautiful in color, and worn smooth by the lashing of the ever-restless waves. Indeed, the pebbles are found to be so attractive that one is tempted to weigh himself down with them while looking for moonstones, although the latter are capable of receiving a polish, and consequently are considered of value.

My voung friend, the banks of the river of time are thickly strewn with tinted literary pebbles, in themselves entirely worthless, but possessing a pleasing exterior, whose fascinations are so many and varied that if care is not exercised, many of them will be accepted in place of those of real worth—those

which are capable of taking a polish under the pumice-stone of truth. Remember that here, as elsewhere, "All is not gold that glitters;" that books, like friends, should be well chosen.

Choose your own books as you would choose the atmosphere which is to surround your life. The printed word has its marshes and its uplands, its deserts and its oases. And often unwittingly the young reader, being tendered a pass by a friend(?), finds himself in some printed bog, far removed from where his Creator intended him to go, and a sad feature of it is that such passes are never good for a return trip. He who bids adieu to the innocent realm of childhood, to revel in the impure atmosphere of the stagnant literary districts, may come to the time when he will wish for a return passage, which it will be impossible for hi mto obtain. He may cease the forming of new acquaintances in the way of bad books; but he can never recall the precious hours that have been worse than wasted; he can never undo the influence which his life has had upon others; nor can he, of himself, erase from the tables of memory the lasting impressions of his earlier years.

Dear boys and girls, don't choose the deserts and the stagnant slums, when you may just as well enjoy the "green pastures" and the "still waters." Don't feed vour starving souls upon husks, when in the Father's house there is food enough and to spare. Seriously consider the questions, What is your reading doing for yourselves and others? Are you becoming better fitted every day to deal out bread to those who are hungering after righteousness? Are you gleaning fragrant blossoms from the field of truth to carry to the bedside of the sick and suffering, blossoms whose beauty is immortal, and can never fade? the decision now that you will dwell in the uplands of life under the divine rays of God's Approval.—Youth's Instruction.

The only way to have a friend is to be one.—Emerson.

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THE PRICE OF A CIGAR.

"I've been figuring hard," said farmer Brown,

Till now I've got it clear

What are some of the things I'm putting down

For a cigar each day for a year. Let's see, 'twould buy two tons of hay, Or forty bushels of grain, Or a suit of clothes for Tommy and May

And a hat for Mary Jane.

"Of sugar, three hundred and fifty weight,

Or flour enough, so I find,
To feed the family a year, and make
Allowance for boarding time.
I could—but no use of talking more
Of what a man can do;
This nonsense for me, by gum, is o'er,
And with this tax I'm thru."

AN APPEAL FOR THE BIRDS.

(For Our Dumb Animals.)

Oh say, oh say, can you hear them,
In forest and field and lane,
The starving nestlings crying
While the parent birds are slain?
Can you see the nest deserted,
And the pretty eggs chilled o'er,
And hear all Nature mourning
For the birds that sing no more!

Oh say, oh say, can you see them,
The songbirds we love to hear,
Dying by hundreds and thousands,
Perishing year by year?
To the gaudy haunts of fashion
We may trace their plumage gay,
But their hearts that throbb'd with music
Have ceas'd to beat for aye.

O songsters, beautiful songsters,
Ye come and sing no more,
Spring waits in vain for the carol
That welcom'd her coming of yore;
But beware! There is One who made
them,

Our birds with their voices sweet,
And the cries of His dying songsters
Ascend to His mercy seat!
—Margaret Frances Mauro.

THE FRIENDLY HAND.

When a man ain't got a copper
And he's feeling kind o' blue,
And the clouds hang dark and heavy.
And won't let the sunshine thru,
It's a great thing, O my brethren,
For a fellow just to lay,
His hand upon your shoulder
In a friendly sort of way.

It makes a man feel curious,
It makes the tear-drop start,
And you sort o' feel a flutter
In the region of the heart,
You can't look up and meet his eye,
You don't know what to say
When a hand's laid on your shoulder
In a friendly sort of way.

The world's a curious compound,
With its honey and its gall,
With its cares and bitter crosses
'Tis a strange world after all;
But a good God must have made it;
Leastways that's what I say.
When a hand's upon my shoulder
In a friendly sort o' way.

"When you've got a thing to say, Say it. Don't take half a day. When your yarn's got little in it Crowd the whole into a minute! Life is short—a fleeting vapor—Don't you fill an eight-page paper With a tale, which at a pinch Could be cornered in an inch! Boil her down until she simmers; Polish her until she glimmers. When you've got a thing to say, Say it! Don't take half a day.

DIFFERENT POINTS OF VIEW.

"The Fourthof July is a glorious day,"
Says Robbie, the boy, as he runs out to play:
"Crackers and cannon before it is morn,
Fireworks and music and blowing of horn."

But Fido, the dog, crouches under the stair, The wretchedest tangle of howls and hair. "The Fourth of July is a horrible day," In dread and in torment the dog would say.

And grandmother smiles as she naps in herchair;
She does not look up for the cannon's blare.
"The Fourth of July is my thanksgiving day,
When I'm glad that I'm deaf—that's what Isay."
—Selected.

OUR BOYS AND GIRLS.

CAN AND DO.

It's all very well to say that you can,
As you journey this big world thru;
But the things that will count, my little man,
Are only the things that you do.
It is easy enough to sit on the fence,
As the workers go bravely their way,
And boast of our money or muscle or sense,
And think that we are worthing than they. And think that we are worthier than they; But only the muscles we use, little man, Are the muscles we use, little man,
Are the muscles that really count,
And the money that's hidden away, little man,
Never helps in the final amount.
The boy or girl who stops with "I can,"
And never translates it to "do,"
A dreamer and drone will be, while the van
Of doers win victories new.

—Farm Journal

BODILY NEEDS.

-Farm Journal.

By Lella Marler.

Dear Girls and Boys:—

It has been a long time since we had a talk together. I hope that many dear happy days have come to you since then.

Now let us try and remember which ones of the needs we have not spoken of. You remember that each child has eight needs. We have already spoken of four of them, viz., shelter, clothing, food, and water.

Now we want to have a talk about air, and sunshine, and exercise. Next month we shall speak of clean, beautiful hearts.

The Creator has a strange way of teaching His children. Sometimes He speaks to men and tells them how to live, but oftener, he teaches the poor, lowly creatures how to live and he desires that we shall learn from them. The wisest men in the world are learning this lesson and following nature in many things.

Let us then look at the plants first. How fresh, and clean, and beautiful they are since the storm. The All Wise Father keeps the plant world strong and happy for the plants always live as they should. They breathe all the pure fresh air they need; most of them live out of doors and are bathed by the sunshine and the showers. They see the beautiful sun and stars and the white clouds in the blue sky and they want to be beautiful, too. So they blossom in richness and send forth their perfume to make us happy.

The animals live in the pure open air; they take their baths, too, and take sufficient exercise to make them strong and well.

If we were to visit the homes of the natives we should find that they live in a more natural and sensible way than some of us. They walk and run, leap swim, and thus they keep their bodies strong and active tho they do but little

We, perhaps, of all creatures, need most to be taught how to breathe, how to bathe, how to exercise, and how to rest.

And now, girls and boys, we have come to one of the best lessons we shall ever learn. If we learn it well it will help to bring us health and beauty and a deeper jov of life.

First of all we want to know how to breathe. Of course we all know that our rooms must be filled with pure, fresh air bath night and day; and we know, too, that our lungs will never be so strong if we always live indoors, as they would be if we spent part of our time out of doors. But even tho we are in the fresh air all the time we cannot feel as well as we should unless we breathe right. We should learn to breathe naturally, just as most babies do. Take long, deep, regular breaths and always breathe thru the nose. A good way to tell if you are breathing naturally is to lie flat on your back on the floor. As you inhale, or draw in a long, deep breath, the abdomen will rise; as you exhale, or breathe out, the abdomen will lower. Try this breathing. As soon as you awake in the morning try it. Then when you arise, go into the open air and take in several long deep breaths. Inhale as much air as you possibly can, and then exhale very slowly. Do this every morning and evening. Then if you always breathe thru your nose and whenever you are walking take long, deep

breaths, you will soon find that you feel stronger and can run farther and easier.

Don't be afraid of the sunshine. Get out in the open air and work in the garden. The earth is full of electricity and if you want to be full of life and vitality you must work in the dirt.

And don't be afraid of cold air. If you breathe and exercise in the right way the cold air will give you energy and force.

We should bathe often, not only in water, but in the sunshine and the cold air. A cold water bath is usually better than a warm water bath, after we become used to the cold water.

We would like to tell you many more things about breathing and bathing, but we shall not have time now, as we wish to tell you a few things about exercise and rest.

You should always be cheerful. While you are working, think of your work, but do not worry. The ordinary work which your parents give you to do is perhaps some of the best exercise you can take. Walking, running, swimming, riding, playing games, are all good exercises. Then we have all kinds of indoor exercises of which I haven't time to speak. You should not exercise too long or too hard as that may injure the body.

Then when you rest you should not worry, but try to feel happy. When you lie down to sleep try to relax every muscle and feel perfectly free and easy. Do not sleep under heavy bedding, or on a feather bed, and if you sleep on a pillow it should not be very large. Lie in an easy position, relax the muscles of the entire body, and think of something that is pleasant to think of and that makes you happy, and then your rest will be sweet.

You should have your windows up in the winter as well as in the summer.

We told you that this was one of the best lessons and that if you learned it, your joy in life would be deeper. Now we want you to try it.

Let us see just what the lesson has been and then try to live it.

- I. Always have plenty of pure, fresh air in your rooms.
 - 2. Always take long, deep, regular

breaths, thru your nose.

- 3. Spend some time out of doors each day.
- 4. Bathe regularly in sunshine, air, and water.
- 5. Take some vigorous exercise each day.
- 6. Retire early to the right kind of bed and sleep with your window up.
- 7. Relax your muscles before going to sleep.

8. Learn to always think beautiful,

happy thoughts.

You should always go to bed at night not later than ten o'clock, most persons need eight hours' sleep, tho children sometimes need more. If you do all the things we have told you to do, your sleep will be sweet, refreshing, and invigorating.

HIS TENTH BIRTHDAY.

By B. A. Pitman.

He has said bood-by to his rocking horse,
And the games he used to play;
While the house of blocks lies a tumbled
heap,

He is ten years old to-day!

The soldier of tin, in its suit of blue
With trimmings of finest gold,
Is behind the door, unnoticed now,—
Its owner is ten years old!

The top and drum have lost the charm Which was theirs for many a day, And the wooly sheep gives a lonely "Baa"

For the boy who has gone away.

His mother sighs as she looks at him, And knows that all earth's gold Can not restore the curls and kilt Of her boy who is ten years old.

The little lad, who sat on her lap
And rocked, but yesterday;
His feet now touch the floor, of course,
For he's ten years old to-day.

Ten thousand yesterdays are not worth one today.—Wordsworth.

WISDOM IN WIT. ************************

THE GOSPEL UP-TO-DATE.

And he said unto him: "Keep all that thou hast and whatsoever else thou canst take from the poor, and go, teach a Bible class in the Fifth avenue Baptist church."

And when the young man heard that saying, he went away rejoicing, for he

had great possessions.

Verily it is easier for a camel to go through the knee of an idol than to keep a rich man out of the front pews.

-Memnon.

--0--WHO'S WHO?

A good man and a bad man came with gifts and laid them at the altar.

And the church took unto herself the

gifts of both.

"It is not for me," saith the church, "to separate the wheat from the tares. Let them grow together till the time of harvest."

The next year only the bad man came

with gifts.

"Where is thy brother?" asked the

church, anxiously.

"Oh, he and I formed a trust, and now he is working me for \$1.50 a day," replied the bad man.

And the time of harvest was still far

off.—Puck.

--0--THE MODERN VERSION.

He who fights and runs away From awful battle scenes, May live to write them up some day For all the magazines.

—Puck.

Mrs. Spenders—I wonder what will be the popular styles in hats this spring?

Mr. Spenders — My dear, women's hats will be divided into two styles this spring, as usual; the style you don't like and the style I can't afford.

Master.

"What was our nation's curse?"

Pupil.

"Our curse? Our nation's curse? I guess t'was nothing worse Than gathering with a zest Divine, The greatest works of every age and clime;

Or shrewdly buying antique things Of bankrupt lords and kings."

Master.

"O idiot and vain! Pause! Think again!

Pupil.

"What was our curse? I cannot think. What is our curse? I cannot say; Unless it be a curse, our Innocents to

And make a Molock of our Independence Day!

Asenath Carver Coolidge.

_____0____ Friend—Has your son learned much during his college course?

The Old Man—I'm afraid not, but I've

learned a whole lot.—Puck.

A doctor from Wisconsin states that appendicitis is due to a specific germ? What is it? The "vermiform-appendicoccus?"—Chicago Clinic.

POST HOC, PROPTER HOC.

"Look at me," exclaimed the leading lawyer, warmly; "I never took a drop of medicine in my life, and I'm as strong as any two of your patients together." Physician. "I never went to law in my life, and I'm as rich as any two dozen of your clients put together."

____ Groom (to bride)—I hope we will always agree.

Bride—That is easy; if you always agree with me, I will always agree with you.

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Sept. 18, 1900. F. W. GUNSAULUS.
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Mother, as she took up the catechism: "Now, Ethel, who was the first man?" "Adam." "Who was the first woman?" "Why, Adam's mother," the little girl replied with suspicious surprise.—Springfield Republican.

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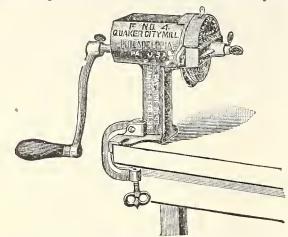
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John R. Park

Educational Co-Operation

Teasing Children

Publishers Page

A Visit to Tuskegee

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Education For Girls

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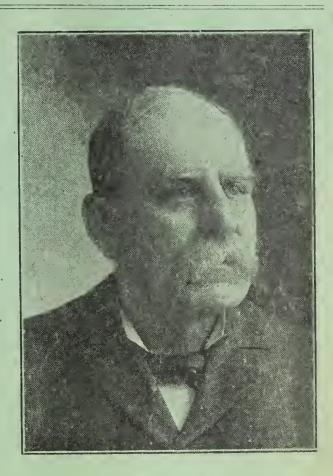
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New Series Vol. 5, No. 5.

EDITORIAL.

The Character Builder uses the reformed spelling recommended by the National Educational Association.

WHAT HAVE WE DONE TODAY?

We shall do so much in the years to come,
But what have we done to-day?
We shall give our gold in a princely sum,
But what did we give to-day?
We shall lift the heart and dry the tear,
We shall plant a hope in the place of fear,
We shall speak the words of love and
cheer,

But what did we speak to-day?

We shall be so kind in the after-a-while,
But what have we been to-day?
We shall bring to each lonely life a smile,
But what have we brought to-day?
We shall give to truth a grander birth,
And to steadfast faith a deeper worth,
We shall feed the hungering souls of
earth;

But whom have we fed to-day?

We shall reap such joys in the by and by,

But what have we sown to-day?
We shall build us mansions in the sky,
But what have we built to-day?
'Tis sweet in idle dreams to bask,
But here and now do we do our task?
Yes, this is the thing our souls must ask,
"What have we done to-day?"

-Nixon Waterman.

WHY TEACHERS NEED THE CHARACTER BUILDER. "There are two kinds of school papers and every live teacher should take at least one of each—a paper of practical school room methods and educational news; and one discussing the deeper problems of the profession.

The latter by far is the more important of the two, for it will keep you growing and make you worth more as a teacher. The first will be read and thrown aside; the second will be preserved and bound up for permanent reference."

The Character Builder belongs to the second class, but we hope to include educational news each month. It discusses problems pertaining to every phase of the childs' development. It is the only educational magazine that discusses the phrenological psychology upon which Horace Mann built the most perfect system of education that the world has known. The merits of this system are not yet universally recognized, but the eminent Dr. Alfred Russell Wallace, Fellow of the Royal Society in England, said of it six years ago in his book, the "Wonderful Century": "In the coming century (the 20th) Phrenology will assuredly attain general acceptance. It will prove itself to be the true science of mind. Its practical uses in education, in self-discipline, in the reformatory treatment of criminals, and in the remedial treatment of the insane will give it one of the highest places in the hierarchy of the sciences; and its persistent neglect and obloquy during the last sixty years will be referred to as an example of the almost incredible narrowness and prejudice which prevailed among men of science at the very time they were making such splendid advances in other fields of thought and discovery."

The eminent scientist, W. Mattieu Williams devoted the last days of his life to writing a large volume entitled, "A Vindication of Phrenology." The well-known Anthropologist, Dr. Bernard Hollander, has recently written two splendid volumes in proof of the truth of phrenology: "The Mental Functions of the Brain," and "Scientific Phrenology."

The chaff is being blown out of the old systems of psychology, and all that is of value in them will be added to phrenology to form the true science of mind. The writer taught orthodox psychology three years in one of the leading normal schools of the Intermountain region, and has studied the leading authors of psychology; he has read most of the published works on phrenology and has derived much greater benefit from the study of phrenology than from orthodox psychology. It gives a much more perfect analysis of the mind than does psychology.

Of course, we are opposed to the bumpfeeling charlatans who have brought phrenology into disrepute with students of science, but recognize the labors of all who use the science to benefit humanity.

The editor of the Human Nature Department has made a life study of the science and graduated with honors from the American Institute of Phrenology which was incorporated by special act of the legislature of New York, and had as charter members Amos Dean, Horace Greeley, Samuel Osgood, A. Oakley Hall, Dr. Trall, Henry Dexter, S. R. Wells, Dr. E. P. Fowler, Nelson Sizer and Lester A. Roberts.

This is a science that should be familiar to every human being, and we hope to present it in an acceptable manner to the readers of the Character Builder. should violate our concsience if we should omit this important phase of our work. It is the key that unlocks the door to education.

The Character Builder is the only educational magazine that treats of the temperaments altho the value of this study, to the teacher, is generally recognized. Jerome Allen wrote a book on the "Temperaments" for the use of teachers a few, years ago. Prof. Wm. M. Stewart has taught the temperaments for years in the University of Utah Normal school, but they are not discussed in educational magazines.

Every teacher should know the importance of proper instruction in the principles of personal purity. Each number of the Character Builder contains suggestions to teachers and parents on this vital subject. The editor of this magazine has given special instruction to classes of young men during the past six years and has realized to some degree the service that teachers may render pupils.

We hope to make the Character Builder indispensible to the teachers of the Intermountain region. We invite all to send us news items of general interest, and articles that contain burning thoughts on educational subjects. We shall study the needs of the teachers and as far as possible shall provide for them. Our interests are here. The editor has spent thirty years of his life in the schools of Utah, and has taught in all the grades, from the beginners to the University, and was for two terms county superintendent schools in Juab county, Utah. We desire to co-operate with teachers, school officers and parents in the advancement of true education and trust our efforts will receive the financial support that is indispensible in such a work.

SOMETHING NEW. This is an age of progress. We are getting out of the rut. and are adopting measures that more perfectly fit our reeds. In the Healing Art and in the Teaching Art experiments are constantly being made in order to develop a more perfect system. All who are interested in the success of the youth are anxious to adopt measures that will better qualify them to live. This desire for improvement is noticeable everywhere and must result ment is noticeable everywhere, and must

ment is noticeable everywhere, and must result in a better training for our boys and girls.

The "Something New" is in connection with Sunday School work, and consists of special lectures to boys and girls on true manhood and true womanhood. The officers of the Ninth ward Sunday School of this city recently arranged for such lectures and invited Dr. Margaret C. Roberts to address the girls, and the editor of the Character Builder to talk to the boys. Only those of the higher grade were presthe editor of the Character Builder to talk to the boys. Only those of the higher grade were present. The experiment was considered a success. There is need for such instructions in every Sunday School in the land. They should be of a positive character, so that the suggestions may develop high ideals in the minds of the listeners. Many young people are perishing because of the general neglect in this vital part listeners. Many young people are perishing because of the general neglect in this vital part of education.

PROFESSIONAL POLITICIANS. Many of the best citizens in all parts of our nation neglect their most sacred privilege of selecting the officers who are placed in responsible positions as servants(?) of the people. The selecting of such officers is left largely to professional politicians, who manipulate the wires of the political machine in a manner that is often most disgraceful to the community. It is useless to go to the polls and vote unless candidates have been nominated who are capable. A much wiser plan is for all who desire good government to go to the primaries and aid in securing the best candidates.

There are many good public officers under There are many good public officers under

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present methods, but there are also some unworthy ones, who might be kept out of office if all who profess to be interested in good government were to do their duty. Nothing is gained by complaining about bad government and corrupt politics if we make no effort to correct the evils. Political tricksters are becoming numerous in our communities. The only remedy is in the hands of the citizens. Will they arouse and accept the opportunities within they arouse and accept the opportunities within their reach?

NOTICE OF INCORPORATION.

The Human Culture Company has been incorporated under the laws of the State of Utah, with a capital stock of \$10,000. The followingnamed persons are its officers:

John T. Miller, President.

N. Y. Schofield, Vice President.

J. Stokes, Jr., Secretary and Treasurer.

W. A. Morton, Director.

Geo. A. Startup, Director.

Prof. R. T. Haag, Director.

Mrs. M. K. Miller, Director.

The following-named persons are stockhold-

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A. C. Nelson, State Superintendent Public Instruction, Salt Lake City, Utah.
D. H. Christensen, City Superintendent of

D. H. Christensen, City Superintendent of Schools, Salt Lake City.
Geo. W. Decker, Principal Cedar Branch Normal, Cedar City, Utah.
Angus Vance, County Superintendent of Schools, Brigham, Utah.
A. B. Anderson, Principal Beaver Branch Normal, Beaver, Utah.
Wm. S. Marks, Member State Board of Education, Tooele, Utah.
John H. Scott, Raymond, Alberta, Canada.
Julia S. Woolley, Salt Lake City, Utah.
Geo. E. Anderson, Photographer, Springville, Utah.

Utah.

N. H. Piehn, Pres. First National Bank, Nora

N. H. Pienn, Pres. First National Bank, Nora Springs, Iowa.
M. A. Fairchild, M. D., author of "Woman and Health," Vineland, N. J.
Frank C. Lee, Hyde Park, Utah.
Fred Hufner, Salt Lake City, Utah.
Alma D. Miller, Providence, Utah.
W. P. Funk, Instructor of Telegraphy and Typewriting, L. D. S., University, Salt Lake City, Utah.

Typewriting, L. D. S., University, Salt Lake City, Utah.
Albert Wood, Nephi, Utah.
Geo. B. Jones, Standrod, Idaho.
Geo. E. Woolley, Forest Dale, Utah.
S. J. Stookey, Mgr. Security Mutual Life Ins.
Co., Salt Lake City, Utah.
H. Herman Farley, Peterson, Utah.
Lizzie Knowlton, Salt Lake City, Utah.
Hyrum Stevenson, Brinton, Utah.
Andrew F. Jenson, Moroni, Utah.
Lella Marler, Lewisville, Idaho.
Elizabeth F. Barney, Cedar City, Utah.
Mrs. F. S. Richards, Salt Lake City, Utah.
J. D. Dixon, State Treasurer, Salt Lake City, Utah.

Utah.

John T. Edwards, Grocer, Salt Lake City, Utah.

Jesse Knight, Provo, Utah. J. N. Pexton, Grocer, Springville, Utah. Oran A. Lewis, Merchant, Spanish

Hugh Clayton, Superintendent Woollen Mills,

Hugh Clayton, Superintendent Woollen Mills, Provo, Utah.

Mrs. A. T. Porter Durrant, Paris, Idaho.
N. K. Young, Colonia Pacheco, Mexico.
Theodosia Mecham, Nacosari, Mexico.
Frank Knowles, Salt Lake City, Utah.
Mrs. S. Foss, Fayette, Utah.
A. H. Vogcler, Seed Merchant, Salt Lake City, Utah.
A. W. Gallacher, Chief Collector Rocky Mt.

Rell Telephone Co. Salt Lake City, Utah.

A. W. Gallacher, Chief Collector Rocky Mt. Bell Telephone Co., Salt Lake City, Utah. Henry Lund, Attorncy, Salt Lake City. Frank J. Lynch, Canton, Mass.

A meeting of the stockholders will be held on Monday, October 3, 1904, at 5 p. m., at the office of the company, 334 South Ninth East street, Salt Lake City.

Dr. Margaret C. Roberts will give a course in obstetrics at the L. D. S. University, beginning October 10. Tuition for the course, \$40. Students taking Relief Nurses' course or regular students of the University may take the course upon payment of \$30, in addition to their regular tuition.

For further information address: Dr. Margaret C. Roberts, 76 C St., Salt Lake City. -0-

HENRY BARNARD AN ADVO-CATE OF PHRENOLOGY. Horace Mann and Henry Barnard were America's two greatest educators. Mr. Mann was a phrenologist and built his entire educational system upon that science. That Henry Barnard was in favor of the phrenological science is shown by the following extract from Combes' "Notes on the United States of North America During a Phrenological Visit," 1838 to

1840, Vol. 2, page 145:

"Having been requested by Mr. Barnard (superintendent of public schools) to repeat my first and second lectures to the members of the Young Men's Institute, and to admit them to the course on reduced terms, I agreed to do so, and gave him carte blanche as to terms. This evening I delivered the first lecture to them free, and was honored with an attendance of 360 ladies and gentlemen. Mr. Barnard addressed them after the lecture, told them that arrangements had been made by which they might be admitted to the whole course on their paying one dollar, and the lecture fund of the institute would pay fifty cents additional for each who should attend; and he recommended to them to avail themselves of the opportunity of hearing the philosophy of phrenology and its application to education explained."

If all advocates of phrenology had treated the science dignified and intelligently as Horace Mann and Henry Barnard did, it would be more generally used by students and scientists today.—J.T.M.

If we do not want the young folks to do certain things, we must not do them ourselves. It is only one step from seeing a thing done to doing it.

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Human Nature Department.

EDITED BY N. Y. SCHOFIELD, F. A. I P.

"I look upon Phrenology as the guide of philosophy, and the handmaid of Christianity. Whoever disseminates true Phrenology is a public benefactor."—Horace Mann.
"By universal consent Horace Mann is the educator of the nineteenth century."—E. A. Winship, Ph. D., editor of the Journal of Education" and the "American Teacher."

DR. JOHN R. PARK.

Delineation and Sketch by Dr. John T. Miller.

Few men have done more to shape the destinies of the young people of the Intermountain region than Dr. Park. His influence among the youth of Draper was remarkable, and is an evidence that the real teacher is one of the greatest public benefactors.

His school in that village was so popular that young people from Salt Lake City attended it.

It is safe to say that the history of education in Utah would have been quite different from what it is, without the labors of Dr. Park and of that other pioneer in the education of the West, Dr. Karl.G. The most successful men and women of the Intermountain region had their higher ideals of life awakened by those two inspired educators. We published a sketch of Dr. Maeser's life in the Character Builder some time ago, and are pleased to present at this time a brief sketch of Dr. Park. They were both engaged in educational work in Utah for about forty years. They were very different in temperament and disposition, but were alike in the spotless lives they lived and in the high ideals that they both aimed to establish in the young people who came under their direction.

Dr. Park was temperamentally quite well balanced, the motor, the nutritive and the sensory organs being nearly equally developed. This development gave him a many-sided judgment. He was cautious and deliberate in action. He was not an egotist. His moderate self-esteem caused him to give due consideration to the opinions and feelings of others. His

judgments were not hasty, but when he once arrived at a conclusion his firmness held him to it. His sympathies were strong and made him solicitous of the welfare of all his fellowmen. He was no sectarian or partisan. He was religious in nature. His religion consisted mainly in doing good to his fellow-beings. Froebel, the father of the kindergarten, so in Dr. Park, the father of public education in Utah, parental love was a predominating power. One biographer says of him: "His was a strong parental nature. Seven children were taken into his household and were raised in an atmosphere of tender affection. His adopted family consisted of David R. Allen (professor in the Utah University), John Held (director of Held's band), and his sister, Hortense, Rosa Zender Roylance (wife of Professor Roylance of the University of Utah), and Louis and Eliza Gottlieb."

It was the same power that endeared him to the young men and women who came under his tuition during his long service in educational work, and was a factor in causing him to select the teaching profession in preference to medicine even after graduating as:a physician.

Dr. Park was scientific and practical, and studied the utility of things. He was a student of nature, especially human nature, and in all his work as an educator was first concerned with the building of character. He was a nation builder in the completest sense of the word. It is gratifying to know that such men as he are appreciated during their life-time, and that they live forever in the souls of the people. We are outgrowing the old custom of building monuments for the dead and permitting the living to starve. The esteem in which such a man is held by the

people is inadequately expressed by a bare stone monument. Many of the most prominent men and women of the Intermountain region were students of Dr. Park. His influence will bless generations yet unborn. Altho he has passed from this life, he will live forever in the hearts of the people.

Dr. John R. Park was born May 7, 1833, at Tiffin, Seneca county, Ohio. He was the son of John Park and Elizabeth



Waggoner. He was educated in the public schools, and afterwards graduated from a number of institutions, among them the Wesleyan University of Delaware. He graduated from a medical college in New York. After practicing medicine a short time in his native town, he did the unusual act of abandoning the medical profession and devoting his life to educational work. In 1861, he came to Utah and settler at Draper. A biographer says of him: "Soon after his arrival at Draper, he commenced teaching there, and awakened such ambition for education among the youth of that place that it still lives, and will perhaps be

transmitted from generation to generation for many years to come. In 1869 he was tendered the presidency of the University of Deseret (now the University of Utah), which position he held for nearly twenty-five year. With paternal love he has shaped the destinies of hundreds of Utahs' youth, and was never so happy as when encouraging struggling ambition."

Altho the University of Deseret was incorporated February 28, 1850, its financial struggles were such that it was a university in name only until Dr. Park took charge of it. The history as recorded in the bulletins of the University of Utah is as follows:

"The first meeting of the Board of Regents, presided over by the Chancellor, Orson Spencer, was held March 13, 1850. On the second Monday of November following its incorporation the University was for the first time opened for the admission of students. Dr. Cyrus Collins was placed in charge as instructor, but was succeeded the same year by Orson Spencer, A. M., and W. W. Phelps. Owing, however, to the immature condition of its finances, as well as the limited patronage it received, the department of instruction was discontinued in 1851, the University remaining for many years in abeyance and having but a nominal existence until November, 1867, when the work of instruction was resumed under the supervision of Mr. D. O. Calder. During this interval of suspension, however. the Chancellor and Regents were reguiarly elected by the Legislatures, and the officers so chosen habitually qualified, and exercised official function in the work of supervising the public schools. press of the time, the University was generally known as the "Parent School." The school continued in operation, chiefly as a commercial college, until March 8, 1869. when Dr. John R. Park assumed the office of President; and under his efficient direction the instruction was soon more fully organized and adapted to the work of normal, scientific and clasiscal instruc-

From this humble beginning the Uni-

versity grew under Dr. Park's direction until it became one of the leading institutions of learning in the west. The normal school established at that time is now one of the best in America, and has been brought to its present high standard thru the unceasing efforts of Prof. Wm. M. Stewart, one of Dr. Park's Draper boys.

In 1895 Dr. Parks was elected State Superintendent of Public Instruction, the first in the State of Utah, and served to the time of his death, Sept. 30, 1900.

Dr. Park was editor of Parry's Monthly Magazine, a high-class periodical devoted to literature and science. It was one of the most creditable magazines that has been published in the Intermountain region.

SCIENTIFIC PHRENOLOGISTS. During the first half of the Ninetcen h Century many of America's most highlyeducated people were competent phrenologists. When George Combe made his lecture tour thru America in 1838, he wrote from Boston: "I have found here a phalanx of very superior persons, belonging, most of them, to the learned professions, who are excellent phrenologists, so far as the philosophy of mind is implied in the study." At that time the leading physicians of Boston belonged to the phrenological society. The President of Harvard University did honor to it and the leading educators were earnest advocates of the science. Dr. Alfred Russell Wallace, F. R. S., who now believes that phrenology will prove to be the true science of mind and will be generally accepted during the present century attributes its unpopularity among scientists during the past 60 years to the incompetent advocates in its ranks and to its association with Mes-The present indications are merism. favorable for phrenology.

Then to side with Truth is noble
When we share her wretched crust,
Ere her cause bring fame and profit
And 'tis prosperous to be just.

—John Boyle O'Reilly.

THE DRUGGIST.

"Now, John," says Druggist Jones, "I'm going home to tea,

And soon there'll be a bearded man come in and ask for me.

Then say, "Are you the gentleman that ordered pills to-day?"

And if he says, 'I'm the man,' tell him what he's to pay.

Then Jones went home, and John athirst some soda water drew,

Tried ginger syrup, then drank hock, and sarsaparilla too;

Steered clear of pills, no powder took, adjured the tinctures all,

But filled his mouth with that black stuff, known as the licorice ball.

Then came the bearded gentleman for pills to make him well,

And asked for Jones, and asked for pills

—asked John the price to tell.

"Four-fifty is marked, upon the box which master said you'd pay."

"Four fifty," qouth the gentleman, "four fifty did you say?

"Well, now, my lad, these pills must be compounded of gold;

What's in 'em that they cost so much, if

"Don't know," says John, "tart, antom's up, and epicac will rise;

You can't keep these things, you know, and up must go the price."

"Good Lord! my boy no antinis in that recipe—just smell;

But here are fifteen cents, my lad—you know 'twill pay you well.

John scratched his head, the man was gone, the profit sure is lost;

"Too big a discount," muttered John; "don't b'lieve we've got the cost."

John, feeling something down in mouth, more soda water drew,

And from the glycyrrhiza drawer he took another chew:

To brace his nerves, and stiffen up against the coming muss,

Took spiritus vini rest. cum oleum juniperuss.

Now Jones came in with mind intent on what he was to make;

John saw him come, and felt that now 'twas time for him to quake.

"The man," said he, "found fault with price, and wished some discount made,

So I took off four thirty-five—was that too much?" he said.

"Too much—why, John—but let me see; the jalap cost a cent,

And half a cent for caloniel, and something more for rent;

The box and label—well, not much; I guess I'm a little ahead;

Five cents will cover all the cost, so we've made ten," he said.

-F. H. in the Boston Advertiser.

HAPPINESS MAKES HAPPINESS.

A woman who had many sorrows and heavy burdens to bear, but who was noted for her cheerful spirits, once said

in explanation:

"You know I have had no money. I had nothing to give but myself; and so I made the resolution that I would never sadden any one else with my troubles. I have laughed and told jokes when I could have wept. I have always smiled in the face of every misfortune. I have tried never to let anyone go from my presence without a happy word, or a bright thot to carry with him. And happiness makes happiness. I myself am happier than I would have been had I sat down and bemoaned my fate."—Selected.

WORK.

The little garden which fell to my care a few weeks ago has provided an illustration of one of the great principles of life. I should like to state the thought here. At the time named, the piece of ground was very untidy. I set to work, cleared away the rubbish, prepared the ground, put in seeds, and planted roots.

All very ordinary this, you may say. Quite true, and in that fact lies its greatest charm.

I looked at the garden today, and saw in it just what I see when a little poem is finished, viz., completeness, result of work (mental and physical), the unseen beauty made manifest.

And what struck me most was the similarity in the details of the two processes, for to write a poem there must be the removing of all that is useless (clearing the ground), and the acceptance of that which is necessary (the seed), before the good result appears.

So, when our lives are adjusted in accordance with Divine intention, we shall realize that in every walk of life the same principle holds good, and that all useful work is ennobling.—F. Horsley.

WE ARE SPENDTHRIFTS. American nation is shockingly extravagant. We persist in considering only the daylight of life. We Americans are as provident as the gnat who is born but for a day. We entertain no thoughts of the future and we refuse to be bored by them. Our wanton waste appalls foreigners, who are older in valuation of money and the economy of living. This infant country of ours is so fabulously rich in opportunities and potentialities and we are so confident that our earning capacity is perennial that we do not sound the depths of our pockets until it is necessary to do it to dig up the last penny. There's no doubt that we are a frivolous, improvident, riotous crew. Age may bring us economy and frugality.—Detroit Journal.

All breaches of the laws of health are physical sins. When this is generally seen, then and not till then will the physical education of the young receive the attention it deserves.—Herbert Spencer.

A liquor seller presented his hill to the executor of a deceased customer's estate, asking, "Do you wish my hill sworn to?" "No." said the executor: "the death of the deceased is sufficient evidence that he had the liquor."

EDUCATIONAL NOTES.

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THE FOURTH'S LONG DEATH ROLL. The list of Fourth of July casualties for the present year, up to and including July 12, is fifty-four dead and 3,454 wounded. Of the latter several will doubtless die as a result of their injuries. This enormous and useless damage to humanity calls renewed attention to the need of more earnest work in the securing of more humane methods in the observance of the great holiday. The efforts put forth this year for a "sane and sensible Fourth" bore good results, and the efforts should be continued. Municipalities can aid greatly in the work of restricting the deadly cannon cracker and the equally deadly blank cartridge. The need of reform in our methods of celebrating the Fourth was never more apparent.—The Commoner.

The principal of the high school of New Brunswick, N. J., and its teacher of botany have resigned their positions because the superintendent has refused to allow the use of Bergen's "Foundations of Botany" as a text-book on the ground that it proceeds on the Darwinian theory of evolution and is therefore "irreligious."

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The University of Virgina, which has hitherto been governed by the faculty board, has just elected as its first president Dr. Edwin A. Alderman, who for the last four years has been president of Tulane University, New Orleans.

A PECULIAR COLLEGE. Under the laws of Illinois a curious "college" has been incorporated with respectable incorporators. Its first notable difference from other colleges is that no one under the age of sixty years is eligible of matriculation. On entering one must purchase a scholarship, and is thereafter free from financial cares. This scholarship costs \$200, if the purchase is deferred to the age of eligibility. It secures the pur-

chaser room, board, tuition, lectures and library privileges for life, medical attendance when sick, and a respectable funeral when dead. The amount to be paid varies with the age. A young man of, say, twenty, may purchase a scholarship for fifteen dollars, to be availed of forty years later—unless he shall die meanwhile, in which case the prepayment reverts to the college treasury. From the age of twenty forward the premium rate increases until the two-hundred dollar maximum is reached at sixty. The course of study is to be whatever the student chooses to follow. There is no occasion to make it practical, in the sense of qualifying him for a useful after life. He is not expected ever to be graduated, and will have no after life-at least, not in this world. The theory seems to be that old age will be made agreeable for the students by congenial studies along whatever lines they may choose to take up.—World's Events. -O-

Wisconsin is to have a new feature in public library work in one of her counties this fall. A book wagon containing a supply of books is to pass thru the rural districts and families may select reading matter at their very doors.

A NEW TEMPERANCE MOVE.

The Presbyterian general assembly urged ministers to take an advanced position on the temperance question and also impressed on them the propriety of their denying themselves tobacco.

On high ground, this is commendable action. While the use of tobacco is not open to the same moral objections as the use of liquid stimulants, still the difference is one of degree only. As we have often said before, people can be intemperate in drinking tea or coffee, or even in eating, or in dresing for that matter. All such things are dissipation, and the principle in all is the same.

Many hygienists hold that the highly-seasoned and stimulating diet that so many children are brought up on makes them crave the stronger stimulation of tobacco and intoxicants later on. All people occupying places of authority in our communities are under obligations to live temperately, not alone in regard to the use of liquor, but also to indulgence in other habits of a demoralizing tendency. It is not enough to preach; we must demonstrate our faith in practice.—Selected.

A porter employed at the University hospital at Lemberg, Austria, has been awarded \$1,000 damages and a life annuity against Dr. Rydiger for permanent injuries caused by experimenting on him with radium.

CAMPING OUT. Camping out is not a fad. It is a natural response to the desire of those cooped up in the cities to go back to the primal life of the race. No city man can thoroly understand or appreciate the city until he has been in the real country—not the country of hotels and card parties and dances—but the country of great woods, silent lakes, leaping streams, and vast reaches of meadows, upland and forests that are silent save for the wandering wind and untrod by human feet.

If a man would know his real soul and find his real place in the world of nature, let him take his knapsack and go out for a week and live in the woods. He will come home hungry, perhaps, sunburned and footsore, certainly with blistered hands and tired muscle, but with the reservoir of his being, both moral and physical, filled to overflowing with life drawn direct from the heart of nature.—Richmond Times-Dispatch.

CORPORATIONS HAVE BAD IN-FLUENCE.

Justice David J. Brewer of the United States Supreme court, in the course of an address, before the Albany law school graduating class, discussed the sources of

a lawyer's temptations, the greatest of which, he said, "comes from the marvelous development of corporate interests. These interests are colossal in size, alluring by the magnitude of their achievements, tempting not merely by the money they possess and with which they can reward, but more by the influence they can exert in favor of the individual law-maker in the furtherance of his personal advancement.

"No one can be blind to the fact that these mighty corporations are holding out most tempting inducements to lawmakers to regard in their law-making those interests rather than the welfare of the nation. Senators and representatives have owed their places to corporate influence, and that influence has been exerted under an expectation, if not understanding, that as law-makers the corporate interests shall be subserved. I am not here to deny the value of corporations. I realize the magnitude of the work that is possible thru such combinations, and I do not deny their right to be heard before any legislative body in defense of their rights or in furtherance of their interests.

"But the danger lies in the fact that they are so powerful and that the pressure of so much power upon the individual lawmaker tempts him to forget the nation and remember the corporation. And the danger is greater because it is insidious."—Pathfinder.

EDUCATIONAL CO-OPERATION.

Every advanced step in education has been marked by an increased interest on the part of society. The school and the home are mutually dependent. The best results are obtained where parents take an active interest in the educational affairs of the community. The best teachers are those most responsive to the anxious soliciture of parents, and use to highest ends the divided authority over the child. Teachers who most appreciate this relation of en confer with parents and thus mutually give and receive sympathy and encouragement. Such teachers gen-

erally stay the longest, get the best pay, and are most successful and happy. During the past few years, there have been formed in different parts of the country several local educational societies composed of men and women in the community who are desirous of more actively co-operating with theirs schools. Dr. Harris, our United States Commissioner of Education, so thoroly believes in the possibilities of this movement that he said a long time ago that the principle of educational co-operation has in it such moral value that it ought to become universal.

Perhaps the most successful society that has been formed, is the Brookline Educational Societl. Its aim is "to promote a broader knowledge of the science of education, a better understanding of the methods now employed, and a closer sympathy and co-operation between the home and the school." It has, besides the usual officers, various subcommittees who make a special study of different phases of educational work, such as the kindergarten, manual training, athletics, the treatment of physical defects, the study of local history, music, art, and science, school libraries, lectures, The public meetings have been in charge of one or the other of these subcommittees, with papers and addresses on these various subjects, often followed by open discussion. Parents and teachers have been helped and encouraged, and the schools greatly strengthened. membership of the society is between five and six hundred and the attendance is from one to three hundred. Besides this. works of art to the value of six thousand dollars have been contributed Brookline schools; valuable papers of local historic interest have been printed, and a large map prepared showing places of historic interest and copies placed in all the schools; amateur musicians have given half hours of vocal and instrumental music in the schools, and two series of young people's concerts have been given in which the works of great composers were interpreted.

Thru the agency of this society a

majority of the parents have become sympathies and actively co-operated with the teachers. The kindly sentiments toward both the schools and the teachers find expression in the attitude of the children. This stimulates the teachers and awakens within them new powers and enthusiasm in the work. Many a weary teacher, we are told, with exhausted nerve force, has been reinforced by sympathetic parents and friends of the school to push on to the highest point of efficiency. The societies of Brooklyn and New York have rendered valuable service and greatly strengthened the efficiency of the schools. What is possible there, is possible in smaller cities and towns. In most instances the teachers would have to take the initiatory step and stand behind the movement. This is superior to the ordinary literary club, as it implies nearly all that that contains from the social and literary standpoint, and from the professional and ethical, vastly more.—Popular Educator.

TEASING CHILDREN.—Teasing is at best a doubtful amusement; but when sensitive childhood is made the object of it, it degenerate into cruelty, vet there are some very good people who indulge in this outrage against the innocent and We know people who never helpless. miss an opportunity to torment a child. It seems impossible for them to come near one without making it miserable. They cannot be at their ease, unless the child is suffering from their heartless-As a consequence, children soon learn to hate as well as fear them, and no wonder. It is true that these people would shrink from inflicting needless. bodily pain on any little one; but they never think of the keener torture which their senseless teasing inflicts on the sen-They would tell vou that sitive child. they do nothing which would give pain; that they are only in fun, and the child ought to know it. When they threaten to swallow a child or cut off its ears they don't meant to do it, of course: but the child is irritated or frightened all the same. Do they know how very real all

such things are to a child, particularly to one that has never been hardened to such cruelty? They may mean nothing by their silly threats, but the child that has learned to rely implicitly on what its parents sav—and all children should learn this-will accept as truth, what its tormenters mean merely as lies invented for its annovance. It is true that the child will in time learn to doubt the truthfulness of those who thus abuse it; but while it learns to distrust the false, it also learns to distrust the true. A child cannot be expected to exercise discrimination; and you, sir, who gave it its first lesson in falsehood, are to blame for much subsequent distrust of things that ought to be believed.

Childhood should be a period of joyous innocence. It is no time for doubts, or misgivings. They come soon enough with the entrance of the youth upon the scenes of busy, practical, anxious struggle for self-maintenance. Then, good friends, you who thoughtlessly mar that innocent enjoyment and implicit trust which characterize the uncorrupted child, stop to think what you are doing. are committing a grave offense. are ruining the temper of one whose life should vet be all sunshine. You are inflicting the keenest of pains on one whose innocence should shield it from the tortures even of barbarians. You are poisoning the morals of one that is yet too young to resist your evil influences. You are doing a wrong for which you can never atone, a wrong whose evil effects may follow that child to the grave.—E. T. Bush, in Phrenological Journal.

[Children are not the only victims of this kind of toruture. The feeble-minded who are most in need of sympathy and kind treatment are singled out by thougtless persons and are teased until they become victous. The writer could name specific cases that have come under his own observations, where such persons were made victous by the thoughtless acts of persons who had no desire to do them an injury, and who would not be guilty of such acts if they knew the results. The teasing habit has produced many sour,

morose, melancholy dispositions. It is an evil that needs correcting.—Ed.]

THE SLOW BOY.

By Eugene Eldridge.

I have been wishing to say a word for the slow boy. He is in your school. He has been in mine, and I suppose may be found in every school. And, from my own experience, I must say I like him.

He is not, as a rule, mischievous, disobedient or cruel, but the opposite; and the he does not learn rapidly, what he acquires is well-digested.

His lesson must be well-explained, the teaching clear, or he will not understand, and probably blunder and stumble.

The teacher must have patience, but it is patience well-directed and appreciated. For the slow boy does understand when the teacher takes hold of him, and effort on her part is seconded on his.

As a rule, he is well-developed physically. His nerves are strong and quiet, his hand is steady and his heart is brave.

He is usually slow of speech, and his ideas move in the same slow channel; but he has what teachers are pleased to find in the rapid, brilliant pupil—backbone.

The slow boy will respond to nature study with remarkable activity.

If his home is in the country, he is commonly acquainted with field and wood, and if he can be led to tell what he knows, or what he has observed, the class and teacher will be benefited.

As a rule, he is of good disposition and temper, and, tho shy of the opposite sex, the little ones easily make friends with him.

He is not a "show-off" pupil. The teacher does not find him responsive there, and is often thoroly tried. But be patient and kind, remembering that the slow boy is not necessarily dull, and that the end is not yet.—American Primary Teacher.

Blessed is he who feels the greatness of others and makes it his own by love.—Grillparzer.

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Published by the Human Culture Company, Salt Lake City, Utah.

Entered November 29th, 1902, at Salt Lake City, Utah, as second-class matter under Act of Congress of March 3rd, 18.9.

RATES FOR ADVERTISING:

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here a synopsis of a ruling by the Su preme Court of the United States, which applies to all papers and magazines:

"1-Subscribers who do not give express notice to the contrary are considered as wishing to

tice to the contrary are considered as wishing to renew their subscription.

"2.—If subscribers order the discontinuance of their periodical the publisher may continue to send them until all arrears are paid.

"3—If subscribers neglect or refuse to take their periodical from the postoffice to which they are directed they are responsible until they have settled their bills and ordered the paper discontinued.

"4—If subscribers move to other all.

-If subscribers move to other places without informing the publisher and the papers are

sent to the former address, subscribers are held responsible.

"5—The courts have decided that refusing to take periodicals from the office or removing and having them uncalled for, is prima facie evidence of intentional fraud.

"6 If subscribers pay in advance they are

"6-If subscribers pay in advance they are bound to give notice at end of the time if they do not wish to continue taking it, otherwise the publisher is authorized to send it and the subscriber be responsible until an express notice, with payment on all arrearages, is sent to the

Many violate this law thru ignorance, some thru carelessness, and others wilfully. It is not much trouble to send a postal card stating that a publication is not longer wanted. Those who continue to receive a paper or magazine and then refuse to pay for it, have a character that needs mending or repairing. We are pleased to state that such are extremely rare among the readers of the Character Builder. Some of them are slow, but most of them are sure. We believe that no other magazine has a larger per cent of apreciative readers than the Character Builder has, and their number is increasing. These suggestions are made in order that there may be a mutal understanding and that we may continue to be friends.

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Cultivate and enlighten yourself and strive to influence others by what you yourself are.—W. von Humboldt.

Physical and Moral Education.

GOD'S MESSAGE TO MEN.

God said: I am tired of kings;
I suffer them no more;
Up to my ear the morning brings
The outrage of the poor.

Think ye I have made this ball
A field of havoc and war,
Where tyrants great and tyrants small
Might harry the weak and poor?

My angel—his name is Freedom— Choose him to be your king. He shall cut pathways east and west And fend you with his wing.

I will never have a noble;
No lineage counted great,
Fishers and choppers and plowmen
Shall constitute a state.

And we shall succor man,

'Tis nobleness to serve;

Help them who cannot help again;

Beware from right to swerve.

—Ralph Waldo Emerson.

A VISIT TO TUSKEGEE.

Recently I spent two days a Tuskegce. I arived unannounced at a time when Mr. Washington was away, so it need not be said that I saw the place in other than its working clothes.

At Tuskegee there are nearly sixteen hundred students, and one hundred and fifty teachers. There are two classes of students, "Day School" and "Night School" students. The night school students work all day at any kind of task they are called upon to do. They receive their board, clothing and a home—they pay no tuition, but are paid for their labor, the amount being placed to their credit, so when fifty dollars is accumulated they can enter as "Day Students."

The "Day Students" make up the bulk

of the scholars. Each pays fifty dollars a year. These all work every other day at manual labor or some useful trade.

Tuskegee has fully twice as many applicants as it can accommodate; but there is one kind of applicant who never receives any favor. This is the man who says he has the money to pay his way, and wishes to take the academic course only. The answer always is, "Please go elsewhere—there are plenty of schools that want your money. The fact that you have money will not exempt you here from useful labor."

This is exactly what every college in the world should say.

The Tuskegee farm consists of twenty-five hundred acres. Thère are four hundred head of cattle, about five hundred hogs, two hundred horses, great flocks of chickens, geese, ducks and turkeys, and many swarms of bees. It is the intention to raise all the food that is consumed on the place, and to manufacture all supplies. There are wagon-shops, a sawmill, a harness shop, a shoe shop, a tailor shop, a printing plant, a model laundry, a canning establishment. Finer fruit and vegetables I never saw, and the thousands of peach, plum and apple trees, and the vast acreage of berries that have been planted, will surely some day be a goodly source of revenue.

The place is religious, but not dogmatically so—the religion being merely the naturaly safety-valve for emotion. At Tuskegee there is no lachrymose appeal to confess your sins—they do better—they forget them.

I never heard more inspiring congregational singing, and the use of the piano, organ, orchestra and brass band are important factors in the curriculum. In the chapel I spoke to an audience so attentive, so alert, so receptive, so filled with animation, that the whole place looked like a vast advertisement for Sozodont.

No prohibitive signs are seen at Tus-

kegee. All is affirmative, yet it is understood that some things are taboo—tobacco, for instance, and strong drink, of

course.

We have all heard of Havard Beer and Yale Mixture, but be it said in sober justice, Harvard runs no brewery, and Yale has no official brand of tobacco. Yet Harvard men consume much beer, and many men at Yale smoke. And if you want to see the cigarette fiend on his native heath, you'll find him like the locust on the campus at Cambridge and New Haven. But if you want to see the acme of all cigarette bazaars, just ride out Boylston street, Boston, any day at noon and watch the boys coming out of the Institute of Technology.

I once asked a Tech Professor if cigarette smoking was compulsory in his institution. "Yes," he replied, "but the rule is not strictly enforced, as I know three

students-who do not smoke."

Tuskegee stands for order, cleanliness, industry, courtesy and usefulness. There are no sink-holes around the place, no "backyards." Everything is beautiful, wholesome and sanitary. All trades are represented. The day is crammed so full of work from sunrise to sunset that there is no time for complaining, misery or fault-finding—three things that are usually born of idleness. At Tuskegee there are no servants. All of the work is done by the students and teachers—everybody works—everybody is a student, and all are teachers. We are all teachers—we teach by example, and all students who do good work are good teachers.

When the Negro is able to do skilled work, he has ceased to be a problem—he is a man. The fact that Alexander Dumas was a Negro does not count against

him in the world's assize.

The old-time academic college, that cultivated the cerebrum and gave a man his exercise in an indoor gymnasium, or not at all, has ruined tens of thousands. The student was made exempt from every useful thing, just as the freshly freed slave hoped and expected to be, and after four years it was often impossible for him to take up the practical lessons of

life. He had gotten used to the idea of one set of men doing all the work and another set of men having the culture. To a large degree he came to regard culture as the end of life. And when a man begins to pride himself on his culture, he hasn't any to speak of. Culture must be merely incidental, and to clutch it is like capturing a butterfly at all—you get

only grub.

Let us say right here, that there is only one way in which a Negro, or a white man, can ever make himself respected. Statute law will not do it; rights voted him by the state are of small avail; making demands will not secure the desired sesame. If we ever gain the paradise of freedom, it will be because we have earned it—because we deserve it. A makebelieve education may suffer for a white man—especially if he has a rich father, but a Negro who has to carve out his own destiny must be taught order, system, and quiet, persistent, useful effort.

A college that has its students devote one-half their time to actual, useful work is so in line with common sense that we are amazed that the idea had to be put in execution by an ex-slave as a life-saver for his disenfranchised race. Our great discoveries are always accidents: we work for one thing and get another. I expect that the day will come, and ere long, when the great universities of the world will have to put the Tuskegee Idea into execution in order to save themselves from being distanced by the Colored Race.

If life were one thing and education another, it might be all right to separate them. Culture of the head over a desk, and indoor gymnastics for the body are not the ideal, and that many succeed in spite of the handicap is no proof of the excellence of the plan. Ships that go around the world accumulate many barnacles, but barnacles as a help to the navigator is an iridescent dream.

A little regular manual labor, rightly mixed with the mental, eliminates draw-poker, high-balls, brawls, broils, Harvard Beer, Yale Mixture, Princeton Pi-

nochle, Chippee dances, hazing, roistering, rowdyism and the bull-dog propensity. The Heidelberg article of cocked hat and insolent ways is not produced at Tuskegee. At Tuskegee there is no gymnasium for those who lie in wait for insults and regard scrapping as a fine art.

As for college athletics at the Orthodox Universities, only one man out of ten ever does anything at it anyway—the college man who needs the gymnasium most is practically debarred from everything in it and serves as a laughing stock whenever he strips. Coffee, cocaine, bromide, tobacco and strong drink often serve in lieu of exercise and ozone, and Princeton winks her woozy orthodox eye in innocency.

Freedom cannot be bestowed—it must be achieved. Education cannot be given—it must be earned. Lincoln did not free the slaves. He only freed himself. The Negroes did not know they were slaves, and so they had no idea of what freedom meant. Until a man wants to be free, each kind of freedom is only another form of slavery. Booker Washington is showing the colored man how to secure a genuine freedom thru useful activity.

If college education were made compulsory by the state, and one-half of the curriculum consisted of actual and useful manual labor, most of our social ills would be solved, and we would be well on the highway towards the Ideal City.—

Elbard Hubbard.

ATHLETIC SPORTS.

Begging the pardon of the college athletes, and of the university sports, athletics is a most arrant humbug. The statement, frequently made, that the best athletes are also the best students is as ridiculous as it is false. The truth of the matter is, that the champion athlete is the pet of the college, is treated leniently, and frequently comes to his passing mark or prize unfairly; that such favoritism exists in most college is an open secret. From my personal experience in American and European universities I can say that, as a rule (which, of course, as every other rule, has exceptions), the students who

possessed the best physique, excelling in all athletic sports, also possessed the dullest intellect. We all, of course, believe in "Mens sana in corpore sano" (a healthy mind in a healthy body), but are athletics necessary to a healthy body? In fact, tho it may be heresy for a physican to say so, it has always seemed to me that even an ordinary healthy body is not an obsolute essential to a great, active mind. I reached that conclusion many years ago, thro the careful study of the lives and characters of the great men of all ages—great in science, philosophy, religion and poetry.

Only too often have I been struck by the fact that the truly great men (not kings and wariors), those men who move the world, and make the internal history of the nations, were physically frail, often afflicted with chronic ailments. I could extend the list a hundred fold, but the

following names will suffice:

Aristotle, Socrates, Plato, Newton, Leibnitz, Spinoza, Mendelssohn, Pascal, Descartes, Voltaire, Rousseau, Kant, Schleiermacher, Hegel, Darwin, Virchow, Schiller, Heine, Boerne,—everyone of them would have been knocked out in the first round by a Yale or Harvard freshman. But it does not seem necessary to possess a powerful biceps in order to discover the motion of the planets, to establish a new system of philosophy, or to write the sweetest and most sublime poetry. I am acquainted with many persons whose bodies are withered, whose muscles are flabby, but who, nevertheless, work indefatigably and turn out more brain work in an hour than could ever be turned out by a whole class of college athletes in a year.

The next point. The athletic sports being essentially brutalizing in their nature (the determination to worst an antagonist at any cost is one of the noblest sentiments), they have a tendency to lower the general moral tone of the participants. As a proof, witness the students' behavior in this city on Thanksgiving Day after the football game; or the antics perpetrated on freshmen by the older students, etc.; no assemblage of Paris street

gamins, or of Bowery rowdies, could behave worse. To come to the third point. The effect of the physical development. Here the results are most baneful. A hyperthropied heart is a diseased heart—why not so with every other muscle in

the body?

I believe that athletics exhaust the potential energy of the organism; and that athletes do no enjoy longevity has been demonstrated many times. I will not speak here of the fatal accidents accompanying the games of football, polo, rowing exhibitions, etc. They are conspicuous and known to everybody. But does everybody know how many young men go to ground from a dilated or an enlarged heart, as a direct result of some contest or match? I know a young man whose muscles are as hard as iron, who, towards the end of a rowing contest, fell down exhausted, remaining unconscious for over two hours, and has been a physical wreck ever since, suffering from dilatation of the heart. Is this a reward to be striven after?

I would say to the presidents of our colleges and universities: Thick-skulled and hard-muscled youth is not an ideal to get enthusiastic over. If you want your idle, sportly and boisterous boys to become true students—manly, studious and intellectual—then abolish the present sports! Insist upon moderate exercise, but out with "athletics." It works incalculable injury physically, mentally and morally.—Pacific Health Journal.

GERMAN TRADE SCHOOLS. Germany is leading the world in industrial schools, and in them nothing but practical things are taught. Out of the 1,100 schools of the sort now running attendance is compulsory at all but 198. The law requires all young men engaged during the day in mercantile pursuits to attend one of these schools at night. And in order to accommodate those who are extra busy on week days, classes are also held on Sunday. In this way Germany is bringing up a generation of young men who are skilled in every sort of practical trade.—Pathfinder.

STUDY RURAL LIFE. Principal Orville T. Bright, of Chicago, recently made the following appeal for more practical instruction in the country schools:

"Days and weeks are given to the greatest common division and to 4-story complex fraction monstrosities; but never a word about the soil, the growth of crops which make the farm life possible, or trees, shrubs, and flowers so beautiful. The country school has undoubtedly been a considerable factor in the villages and dus from the farms to the villages and cities.

"It is time a halt and about face be called in the great procession. The possibilities of comfort, freedom, and health; of competence and happiness; of the dignity and beauty of labor as connected with farm life should be exploited in the country schools. Fill the curriculum with material having to do with country life, and give the business processes of city and village a rest. They need it, and so do the children."

A LESSON IN UNTHRIFT. A striking illustration of the fool and his money who are soon parted was afforded by the death in New York the other day of a man who was reputed to be worth a million dollars not many years ago, but who, at the last, was only saved from pauper's grave by the aid of a few old friends.

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It has been the man's boast in the hey-day of wealth that he never wore the same suit twice, and his million all went for fine clothes, and race horses. Over such a worthless, empty life, and such use of wealth and its opportunities, what more fitting epitaph could be written than hat one found on an old stone in an up-country church yard: "Once he was here and now he is not."—Leslie's Weekly.

We will know the good trusts from the bad ones as soon as the campaign fund fat-friers make their preliminary canvass.—New York American.

As between luck and pluck, give us pluck every time. Luck may help some but pluck does the business.

Suggestions to Parents and Teachers. #

SELF-DISCIPLINE.

By Esther Higgs, F.B.P.S.

O'er wayward childhood wouldst thou

hold firm rule,

And sun thee in the light of happy faces? Love, Hope and Patience, these must be thy graces,

And in thine own heart they must first

keep school.

-Coleridge.

These beautiful lines of the poet Coleridge put in compact and simple form the essential qualifications of the would-be child-trainer. The graces he sets forth as being necessary are perhaps the most valuable in this work. Love—we can have no pleasure in being with children if we do not love them, indeed these everrestless little people are considered a great nuisance by those who have no child-love in their nature, but all their troublesomeness is overlooked, and their constant demands upon the time, thought, care, and strength of the mother are joyfully accepted in the strength of her great love for them.

Then this love must not be of the weak, indulgent kind, but a wise discriminating sort, which is ready to deny the child for his good, and also to deny herself the pleasure of pleasing him when it is better to withhold some gratification. The love that weakens its object is of a poor kind, however intense, and not worthy of the name.

HOPE.—Yes, we need to be bright and hopeful in dealing with children; long faces and despondent minds are beneficial to nobody and particularly unsuited to childhood, which is naturally a time of hopefulness and gaiety; besides, the tender solicitiude over the wayward boys and girls wants more than anything the element of hope, buoyant hope which shall sustain unwearied the constant efforts on their behalf.

Patience.—All will agree that the call for patience is immense. The children are fretful and the mother is wearied, or the schoolboys are extra tiresome and the teacher is not feeling quite up to the mark: these are the times when patience is so necessary—not the patience of inertia or indifference, but that of self-government, the power of putting aside one's own inclinations to order, of calming the mind instantly when necessary, or at least of suppressing the feelings, unselfishly putting these aside nd quietly entering into the necessity of the case, doing one's best to remedy matters.

177

The really patient character is not a weak one, on the contrary, it takes a strong, well-disciplined character to show any degree of patience under trying circumstances. "He that ruleth his spirit is greater than he that taketh a city," and they who would rule others must first have command over themselves.

Many are discouraged because of their hasty tempers and want of patience, but Phrenology brings the hopeful message that all the graces may be cultivated, and surely it is worth the doing if the children, as well as one's self, will be so greatly benefited thereby.

In all the walks of life attainment demands self-discipline for he who would be great in any one department must concentrate his efforts and energies upon the special objects before him, denying himself many pleasures in order to attain the end he has in view. Thus the man who would be rich denies himself for the sake of his business, the musician because of his music, the artist for his art, and the student for his studies. But nowhere is self discipline more necessary than in the training of children, for, to be successful in this most important branch of work, personal character is the factor which tells infinitely more than anything else.

In dealing with children precept is worse than useless if not backed up by a

disparity between the precept and the life gives them a picture of moral crookedness which has often proved a stumbling-block to them. Thus the father of a family was great at prayer-meetings, an officer in the church, and outwardly a religious man; but, alas! in the home he shewed himself to be a selfish tyrant, expected to be waited upon hand and foot, to be served first, and to have the best of everything. Severely orthodox in his creed, but utterly wanting in the Christ-like spirit in his daily life, his influence was of course most pernicious, and many a young man, seeing his inconsistency, mentally placed the word "hypocrite" in close proximity to that of "church" or "religion."

Happily, for his children, their mother was the very opposite of this, possessing true piety, which shewed itself in unselfsishness and patience in the home, and quickly the little ones discriminated between the external pretense of religion and the inward, genuine religion of the life: and the contrast was such as to make the real thing far more attractive than its despicable counterfeit.

But this is one of those glaring instances which comes to us as a danger-signal, warning us of how unlovely our character may become if we slacken our hand and are less diligent in the pursuit of what is noble, good and true. It is to the ordinary man and woman, whether parent, teacher or guardian, I would speak for a few moments, and appeal, on behalf of the children, that you seek to raise your lives to a higher level for their sakes, that they may have the priceless benefit of a personality influencing them for good at every point.

To do this requires the habit of selfdiscipline, not a spasmodic attempt at selfcontrol resulting in more laxity than ever, like a smoker who gives up his pet indulgence for a week or two and then takes to it more vigorously than ever. something more than this is needed, even the daily, constant practice of the graces we would develop. The greatest singer or musician feels the need of daily practice to keep him up to the standard; but,

living example, for the very fact of the to change the metphor, perhaps a truer simile is that of the flowers, which need their daily supply of sunshine, moisture and fresh air, or they will pine and die; so this inner life of ours must be daily renewed and strengthened if our lives and character are to become beautiful and fragrant. Parents often see a reflection of themselves in their children's healthy bodies and happy faces. Honesty in their dealings, and unselfishness in their play, on the part of the children reflect great credit upon the parents, and bring much joy into their lives, whereas the show of evil temper, unloving looks, and so forth, spoil the harmony of life, and the house is made a place of discord which should have been a paradise. Or perhaps self-satisfaction is the order of the day, which is another name for selfishness, and the children are trained in an atmosphere of self-pleasing, with the result that when they are grown up they forget the sorrows of the big world outside so long as all is bright with them; they lose sight of the fact that many are starving with hunger whilst they are well fed, and have no sympathy with suffering if it keeps away from their door.

> Contentment with material things adds greatly to one's peace of mind, but in all that affects character we need the Divine discontent which shall ever spur us on to make effort towards further attainment.

> The tone of the home or the school may always be raised at least one degree higher, and parents and teachers can only accomplish this by seeking to embody in their own lives the ideals they wish to set before the children.

> For this, self-discipline is necessary; for "Love, Hope and Patience, these must be thy graces, and in thine own heart must first keep school."—Popular Phrenologist.

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The Chicago courts have decided that the owner of a vacant lot may erect thereon any bill-board sign he pleases, no matter how ugly. The only remedy for the public is to boycott the objectionable advertisers; that would abate the nuisance with all promptness.—Christian Endeavor World.

DOMESTIC SCIENCE

WHAT SHOULD THE GIRLS BE TAUGHT?

What Education Is of Most Worth to Girls.

"Domestic science should be taught every young woman in the land," said Mrs. Lydon Evans at the Chicago Woman's club. "The present system of educating our daughters is all wrong. Young women should attend college, but instead of learning professions they should acquire the knowledge necessary to take care of a home."

Mrs. Evans' words were received with applause by the women. It seemed they also thought the present system wrong and were in favor of a different mode of education.

"Here are a few figures which will prove my contention," said the speaker. "There are 15,000,000 homes in the United States at the present time. That means that there are 15,000,000 house-keepers at the head of the homes. Then there are 2.000,000 servants. Then makes a total of 17,000,000.

"That is the demand. Now for the supply. In all the United States there are only 24,000.000 women above the age of 15 years. Do you realize that there are only 7,000,000 women above the age of 15 who are not at the head of households? Now cut the remainder in half, for there are 3.500,0000 women engaged in the profesional and mercantile work. That leaves 3.500.000 women in the United States who are not engaged in business or household work. That proves conclusivelv. to me at least, that there is no room for any save an education that has for its end the taking care of a home. I believe it is all right for women to get an education and just as complete a one as possible, but it should be an education that teaches her her sphere is in the home.

"My plan would be to establish an in-

stitution where housekeeping could be taught as a science. The women could take up the scientific end of the problem and study of the chemistry of foods, for instance. That would insure pure and wholesome food. Then they could study art for the sake of the household. That would mean more attractive homes and instead of housekeeping being classed as drudgery it would be recognized as a science.

"People often wonder why there is a scarcity of servants in a certain locality. A glance at the statistics tell. You will notice that there are 2,000,000 domestics in the United States. You will also notice that there are 15,000,000 homes. That explains it, does it not?"—North Dakota Farmer and Sanitary Home.

THE WOMAN OF THE FUTURE.

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Not as a rival to man, but as his inspirer, will the woman of the future take her place in the order of things. Having learned precisely what her limitations are, she will move easily along those paths where they hamper the movements In this way she will gradually find out her true work. What that work will be may be partly guessed at from what she has already done in the past. Her Heaven-sent instinct for nursing, her talent as a physician, and her genius for training the young, are merely various forms of development arising out of her mother-nature, and in these she will greatlv excel. At first sight the field may seem somewhat limited and a level plain at that. But are there no improvements to be made in nursing, no alleviations of pain to be discovered? Are insane patients nursed in the best possible way? As for medicine alone—the profession is full of boundless possibilities. Let women bring into their keen powers of observation, their care for minute details, above all, their shrewd common sense and their

faith in simple and natural remedies! Here alone there is work, and to spare, for them. But when we approach the training of the young we come to the most important work in the world. Not statesmen, or kings and queens, have a task requiring such forethought, such eternal vigilance or such delicate manipulation as that which falls to the woman who charges herself with the making or marring of the soul of a little child. Work of this kind may not advertise the worker or place her on a pinnacle of fame, but it is none the less sublime. It is a toiling, not for time, but for eternity. And this shall be the womans' part in the days to come.—How to Live.

MECHANICAL TREATMENT OF WHOOPING COUGH.

Jacob Sobel, in Archives of Tediatrics, calls attention to a method of controlling the spasms of whooping-cough, first suggested by Naegeli, which consists in pulling the lower jaw forward as in anaesthetization. Naegeli considered the paroxysms of pertussis, which many observers believe are not only the most distressing but dangerous manifestation of the disease, may be so modified by this treatment as to materially shorten its course.

Sobel reports the result of his experience with this method in ninety-six cases ranging in age from three months to eight years, from which he makes the following conclusions:

- I. Pulling the lower jaw downward and forward controls the paroxysms of whooping-cough in most instances and most of the time.
- 2. The method is usually more successful in older children than in younger ones and infants.
- 3. As a single therapeutic measure for the control of the paroxysms it deserves a place in the treatment of pertussis, and is as successful as any single drug, or even more so.
- 4. In cases without a whoop the expiratory spasm, with its asphyxia, is usually overcome, and in those with a whoop the latter is prevented.

5. Mothers, nurse, and other attendants should be instructed in its use in order that the oncoming attacks, especially at night, may be arrested.

6. The manipulation is harmless, painless and easy of application, without any of the ill effects of drugs; it offers a maximum of good effect, with a minimum de-

rangement.

7. The only contraindication to its application is the presence of food in the

mouth or esophagus.

- 8. Patients treated in this manner are less likely to suffer from complications and sequelae than those treated only medicinally; they emerge from the disease in far better condition, less exhausted and less emaciated, because vomiting has been controlled.
- 9. It is advisable to try the maneuver in other spasmodic coughs and laryngeal spasms, altho my experience has seemed to show that it is far less efficacious in these conditions than in whooping-cough.
- 10. This method, being directed mainly to the control of the glottis spasm, does not preclude the advisability of supporting and sustaining the gastro-intestinal tract, establishing equilibrum in the nerve centers, and affording every possible hygienic advantage.

Maud—"Isn't this a queer title for a book, mother? 'Not Like Other Girls.' I wonder what she can be if she is not like other girls?"

Mother—"I don't know, unless she goes into the kitchen and helps her mother instead of staying in the parlor to read novels."—Selected.

"The girl with soft gray eyes and rippling brown hair, who walked all over your fluttering heart at the Charity ball,' says the Burlington Hawkeye, "has just finished a crazy quilt, containing 1,065 pieces of hat linings put together with 31,390 stitches. And her poor old father fastens on his suspenders with a long nail, a piece of twine, a sharp stick and one regularly ordained button."

PREVENTIVE AND DOLLOU ESC. reference et e per e per

TWENTY-FIVE WAYS RE-LIEVE PAIN WITHOUT DRUGS.

By J. H. Kellogg, M. D.

Probably the majority of people know of no other method of relieving pain than resort to some such "pain-killer" as laudanum, paregoric, or other opiate or ano-Not infrequently persons who have been injured, or who are suffering severe pain from inflammation or from some other cause, are left to endure torture for hours, while somebody is despatched miles for a physician, when a knowledge of the simple methods presented in this article make it possible to afford complete relief in a few minutes.

Fomentation.—This consists of an application of cloths wrung out of water as hot as can be borne. If hot water is not at hand, the cloth may be wrung out of cold water and laid upon the stove with a newspaper intervening, or wrapped

around a stovepipe.

In an emergency the author prepared a very effective fomentation by putting a large tin dipper over a kerosene lamp and laving a wet cloth over the bottom of the dipper, where it was at once heated. By this means almost instant relief was given a woman suffering from a pain in the head which made her nearly delirious, as the result of an injury received from running against something in the dark.

Fomentations relieve pain not only by drawing the blood to the surface, but by relieving the sensibility of the nerves. Heat often kills pain more effectively than

does opium.

Hot Sponging.—This method is sometimes effective when fomentation does not succeed. The sponge is dipped in very hot water, compressed to express the water, and gently rubbed over the surface of the painful part. A higher temperature can be employed by this method than by any other. The higher the temperature the greater the effect. For the

greatest efficiency the temperature should be high enough to produce a sensation almost painful. It is especially good in cases of neuralgia, particularly of the

spine.

Hot Water Bag.—A rubber bag is filled with hot water, and is an excellent means of relieving pain in deep-seated parts—pain in the back, chronic intestinal pain, various neuralgias, and other pains in which inflammation or congestion is not present. Hot bags should not be employed continuously on persons suffering from acute inflammation.

If a moist application is desired, a moist flannel may be wrapped around the water bag. Brick, sand bags, etc., may be

used in a similar way.

- 4. Radiant Heat.—This consists of the application of a lighted electric lamp surrounded by a suitable shade or reflector to the part affected. It is a most excellent heat to relieve pain. The heat is more penetrating than that from any other source except the arc light and sun light. It is a capital means of relieving pain of the spine, various joint pains, and all kinds of neuralgic pains.
- Flame Heat.—Heat from an open flame. The heat rays which radiate from a blazing fireplace may be untilized for relieving painful spine, side pain, and other non-iflammatory pains involving any large portion of the body.
- 6. Arc Light. A most effective means of relieving viseral and spinal pains. The heat must be concentrated by means of a reflector of proper shape.
- Sunlight.—Sick animals nearly always lie down in the sun, unless suffering from inflammation. There is no better remedy for general neuralgic pains than a sun bath. With the sun bath the general electric-light bath may be employed.
- 8. Hot Air.—A current of heat driven into the ear is a most effective means of relieving earache. A general hot-air bath removes rheumatic pains.

- 9. Alternate Compress.—The alternate application of hot and cold compresses is an effective means of relieving pain with internal congestion. The application is made over the painful parts, and affords relief by diverting the blood to the surface.
- 10. Alternate Sponging.—The application and effect are the same as in the alternate compress. Very much hotter water can be employed, however, and when the parts may be rubbed with ice in alternation with the hot application, most powerful revulsion may be induced.
- 11. Cold Rubbing.—This is an excellent means of relieving certain forms of pain. Neuralgic pains are usually aggravated by this means, but pains due to congestion are usually relieved. The parts must simply be rubbed with a cloth dipped in cold water. The temperature of the water should not be greater than 60 degrees F. It is often necessary to continue rubbing for a long time until the surface is thoroly reddened.
- Patients with inflammation or congestion are best relieved by the application of a small ice compress or an ice bag over the painful part. Generally it is well to apply heat to some distant part in connection with the ice application, or to make a general hot application so as to prevent chilling.
- 13. Heating Compress.—Wring cloth out of cold water and apply over the painful part. Cover with mackintosh and then with several thicknesses of flannel. The moist cloth will quickly become warm, and will retain the heat for a long time. It acts as a poultice, and is fully as effective as a poultice (besides being much cleaner) in deep-seated spinal pains, as found in pains due to indigestion, chronic catarrh of the bowels, and constipation. A heating compress applied to the abdomen will often relieve congestion of the head in headache, and so induce sleep.
- 14. Fomentations Followed by the Heating Compress.—This is a most effective means of relieving pain in chronic rheumatism. The heating compress should

- usually follow the fomentation, and is invaluable as a means of removing sciatic pain, lumbago, and most other deepseated pains due to nerve trouble. It is excellent in neuritis.
- to the heating compress. The parts are covered with cotton covered with mackintosh, then with flannel. The heat induces perspiration, which accumulates in the cotton and moistens it so that after a time the application really becomes a hot application. It effects are the same as a poultice, but more cleanly and effective.
- mixed with water to the consistency of very thick cream, and applied to the painful parts, often affords relief. This is a most exellent application, far better than bread and milk poultices or any similar preparation. Under the name of "antiphlogistin," a clay paste is sold in many drug stores. Our experience is that this preparation is no better than ordinary clay prepared as suggested.

In making the application, the clay is spread over a cheese cloth or napkin and applied to the affected part. It must be warmed before using. Warming softens and facilitates the application, and at the same time the heat itself helps the effect.

- 17. General Hot Bath.—Severe internal pain is best relieved by a general hot bath, which, drawing the blood to the surface, oftens affords complete relief in severe pains due to gall-stones, gastritis, antritis, and other visceral affections in which pain is present.
- 18. The Hot Blanket Pack.—This issimilar to the hot water bath, but is not so effective. It can sometimes be more conveniently employed. It is useful in relieving the pain of menstruation and the pain of appendicitis.
- 19. The Foot Bath. The water should be as hot as can be borne. Use 105 degrees to 120 degrees. The temperature of the water can be gradually raised. The deeper the water the greater the effect. The leg bath is still more efficient than the foot bath, but not always so convenient as the hot foot bath, which may

be taken in bed. If necessary, a fomentation may be applied to the feet, but the effect is not so good as that produced by the hot foot bath. It is an excellent means of relieving severe pain in the head, also ovarian and menstrual pains.

20. Revulsive Sitz.—With the feet in hot water, the patient sits in water at a temperature of 102 degrees and the temperature is gradually raised to 110 degrees, 115 degrees, or even 118 degreesas hot as can be borne. The skin should be well rubbed. After four or five minutes, the patient rises, and cold water is dashed over him. If cold water induces pain, the temperature is gradually lowered. In this case the patient remains from five to ten minutes longer in the bath, the moist surface being rubbed. This prevents chilling after the bath, and increases the permanency of the effect produced.

21. The Hot Hip and Leg Pack with the Ice Bag.—This is especially for the relief of pain due to pelvic inflammation in women, or appendicitis in either men or women. The hips and legs are wrapped in a blanket wrung out of hot water, and after the patient begins to feel warm, the ice bag is slipped under the blanket and over the affected part. This is a most excellent means of combating appendicitis. By the removal of this application for two or three hours, severe attacks of appendicitis may usually be avoided.

22. Ice Bag and Fomentation.—
(Sometimes, and sometimes not) for toothache, lay on ice bag on the side of the neck under the jaw and fomentations to the side of the face. If necessary, employ the hot foot bath and hot hip and leg pack.

23. Hot Enema.—The temperature of the water should be from 102 degrees to 106 degrees or 108 degrees. A copious enema will relieve severe intestinal pain in a marvelous way,—the pain of galistones, renal colic, appendicitis, inflammation of the bladder, and neuralgia, also.

24. Rest.—Absolute rest of the painful parts is usually necessary. Rest in bed is required for the relief of severe internal pain. In pleurisy pain, rest of the

affected lung should be secured by-fastening a tight bandage around the lower part of the chest.

24. Position.—Pain in the limbs accompanied by throbbing may generally be relieved by raising the limb one or two-feet from the bed or couch upon which the patient is lying.

One or more of these methods should be tried in nearly all cases in which pain is present to a distressing extent, and cases are very rare in which complete or substantial relief may not .be secured There is one great advantage in relieving pain by these simple means, in that there are no unpleasant after-effects. drugs are used, the cause of the pain is not removed, and when the effect of the drug is gone, the patient usually suffers worse than before. This has the effect of rendering the patient worse rather than The simple measures above described relieve pain by removing the cause of it, and so are not followed by any unpleasant reaction.—Modern Medicine.

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HOW THE ANTITOXIN MANU-FACTURING INTEREST IS BOOM-ED. According to the New York health authorities, there were ninety-seven more deaths from diphtheria during the last quarter of 1903 than during the same quarter of 1902. Notwithstanding this, by classing simple sore throats, or cases of tonsilitis, as diphtheria, and employing antitoxin as a routine measure, claiming all recoveries as "cures," a very low death-rate is made out, even while the number of deaths from the disease (and the treatment) is larger than before antitoxin was discovered. Bed-rock students of this question, some of whom are eminent in the profession, are well aware that so far as relates to cases of true diphtheria the percentage of deaths to number of cases is greater since the antitoxin treatment became popular than before.—Charles E. Page, M. D.

We have all condemned in the past what we now accept. This recollection should make us hesitate before we voice our protests.—Frederick W. Berry.

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YOUTH'S DEPARTMENT.

COALS OF FIRE.

Farmer Dawson kept missing his corn. Every night it was taken from his crib, although door was well secured with lock and key.

"It's that lazy Tom Slocum," he exclaimed one morning after missing more than usual. "I've suspected him all the time, and I won't bear it any longer."

"What makes you think it's Tom?" asked his wife, pouring out the fragrant coffee.

"Because he's the only man around that hasn't any corn—nor anything else for that matter. He spent the summer at the saloons while the neighbors were at work. Now they have plenty and he has nothing—serves him just right, too."

"But his family are suffering," rejoined his wife. "They are sick and in need of food and medicine; should we not help them?"

"No!" growled the farmer; "if he finds his neighbors are going to take care of his family, it will encourage him to spend the next season as he did the last! Better send him to jail and his family to the poor house; and I'm going to do it, too. I've laid a plan to trap him this very night."

"Now, while Tom's reaping the bitter fruits of his folly is it not the very time to help him to a better life?" suggested his wife.

"A little course of law would be the most effective," replied the farmer.

"In this case coals of fire would be better. Try the coals first, William; try the coals first."

Farmer Dawson made no reply, but finished his breakfast and walked out of the house with the decided step of one who has made up his mind, and something is going to be done.

His wife sighed as she went about her work, thinking of the weary, heart-broken

en mother with her sick and hungry babes around her.

The farmer proceeded to examine his cribs, and after a thoro search found a hole large enough to admit a man's hands.

"There's the leak," he exclaimed; "I'll fix that," and he went to setting a trap inside.

Next morning he arose earlier than usual, and went out to the cribs. His trap had caught a man—Tom Slocum—the very man he had suspected.

He seemed to take no notice of the thief, but turned aside into the barn, and began heaping the manger with hay—sweet-scented from the summer's harvest field. Then he opened the crib doors and took out the golden ears—the fruits of his honest toil.

All this time he was thinking what to do. Should he try the law or the coals. The law was what the man deserved; but his wife's words kept ringing thru his mind. He emptied the corn in the feed-trough, then went around where the man stood with one hand in the trap.

"Hello! neighbor; what are you doing here?" he asked.

Poor Tom answered nothing, but the downcast, guilty face confessed more than words could have done.

Farmer Dawson released the imprisoned hand, and, taking Tom's sack, ordered him to hold it while he filled it with the coveted grain.

"There, Tom, take that," said the farmer, "and after this, when you want corn, come to me and I'll let you have it on trust for work. I need another good, steady hand on my farm, and will give steady work with good wages."

"Oh, sir," replied Tom, quite overcome, "I've been wanting work, but no one would hire me. My family are suffering, and I'm ashamed to beg. But I'll work for this, and every ear I have taken, if you will give me a chance."

"Very well, Tom," said the farmer; "take the corn to the mill, and make things comfortable about the home today, and to-morrow we'll begin. But there's one thing we must agree to first."

Tom lifted an inquiring gaze.

"You must let whiskey alone," continued the farmer, "you must promise not to touch a drop."

The tears sprang into Tom's eyes, and his voice trembled with emotion, as he

said:

"You are the first man that ever asked me that. There's always enough to say, 'Come, Tom, take a drink,' and I have drunk until I thought there was no use trying to be a better man. But since you care enough to ask me to stop drinking, I'm bound to make the trial; that I will."

Farmer Dawson took Tom to the house and gave him his breakfast while his wife put up a basket of food for the suffering

family in the poor man's home.

Tom went to work the next day and he next. In time he came to be an efficient hand on the Dawson place. He stopped drinking and stealing, attended church and Sabbath-school with his family, and became a respectable member of society.

"How changed Tom is from what he once was," remarked the farmer's wife

one day.

"Yes," replied the husband, "'twas the coal of fire did it."—Religious Intelligencer.

HASTEN.

For a moment only, the meteor flashes in the sky, and is gone. Thus is life; we scarce begin to live before we die. The hills are everlasting; the ocean tide has ebbed and flowed for ages; and the heavens now above us, looked down on earth before the days of sphinx and pyramid,—all these remain, while life alone is fleeting. Our lease of time is only threescore years and ten at the most, its average length no more than thirty-five; and educators tell us that the young man of to-day is not thru his college course

and ready for his life's work till about the age of twenty-two. Comparing these figures, how few are the years that are left for actual work, and how brief is human life at the longest! This fact of the brevity of life should appeal with much force to every human being, and especially so to the youth; for before them all of life yet lingers. What, then, is the meaning of this brief life? What message do its passing moments bear?

Life may be considered from a material, an educational, and a moral standpoint. Time is money. A young man is given access to a treasure-house, and is told that he may have all the money that he can take away within a stated time. But he waits. "It is too much work," he says, "the task is too heavy;" and still he waits, while his allotted time is passing. Oh, "Theres' no hurry," thinks he; "there is time enough yet," and he chats aimlessly on with his friends; but the opportunity of his life will soon be gone. "Folly," you say?—Yes, sheer folly. And yet the scene is true to life. Time is a rich treasurehouse. Its every hour is golden, and all have access to its vaults. But many are the young men and women who, to-day, are idly standing without, waiting, waiting-why?-Because they dislike to put their well-kept hands to the work, their tender shoulders to the wheel. Others seem infatuated with the empty conversation of their giddy companions, or are flitting about here and there, seeking amusement, something to pass away their spare time. But blind are they to their opportunities; they have sipped from the intoxicating cup of pleasure, and are drunken. Yet the flight of time is ever onward, and with its steady march their precious, golden hours are fleeting forever away. One day life's curtain surely will fall, this pleasure scene will change, and they will face eternity empty handed—even of the wealth of this world. Time is money.

Time is education. The law of constant growth is the law of every living thing, and the mind is no exception to this law. For the body to develop normally three things are necessary: good food, perfect assimilation and proper exercise. Like-

wise, for the mind to develop constantly, the same three things must be supplied: namely, facts, mental food; thought, mental digestion and assimilation; and expression, mental exercise. Now, if the supply of any one of these is cut off for any time whatever, the mind, to that extent, fails to develop rightly. A common way in which this supply is cut off is the improper use of time. All men who have towered above their fellows in knowledge, in reasoning power, and in ability to influence the world, have been men who were incessant workers, men who made every moment yield them something useful. Only in this way can the mind reach all its grand possibilities.—Youth's Instructor.

HOW TO SUCCEED.

A series of articles on the problem of success for young men, mostly from the pens of fashionable and utterly impracticable preachers, is being published in the Hearst syndicate papers. At last there is an oasis in the desert of of platitudes. A business man, F. D. Underwood, president of the Erie railroad, has risen to the occasion, and contributed some common sense advice to which every young man should give heed. The article contributed by him says in part:

Of all the men I know who have from a small beginning created name, place or a fortune for themselves, no one can

tell just how it was done.

They may tell of a start, a lift after a start, or of an opportunity that was helpful.

To all young men who are without business connections, money or education, and who hope to grow rich and perhaps famous, I would say:

When you start, be sure you are in the right place; if you miss, try again.

Environment is essential.

The talents you have to sell should not be too far from the market.

If you have an ambition to be a great man, keep it to yourself.

There is many a good start spoiled by the starter professing his ambition, which puts him at a disadvantage with his associates.

Ambition is a good thing to have, but it is a good secret to keep.

Let your good work reveal it, rather than your word.

Beware of an ambition that breeds impatience.

When people are assured of your worth, they will make your welfare their business.

If you are thro and industrious, you are sure to be necessary, and when you are that you have started on the road to success, and your speed will be governed only by your ability and surroundings.

When you work for others, bear always

in mind their rights.

If you have no interest in the work you do beyond getting paid for it, you will, barring accidents, work on signals given by others all your life.

Carefully look about you, see where your tastes lie, and, to a reasonable ex-

tent, follow them.

Do not mistake temporary good things for the permanent ones; a good pay at 20 is small at 40.

Start in a growing thing; be honest Cultivate good manners and a pleasing address.

Tact is better than smartness; take on civilty and a certain dignity.

Read good books. See good plays.

Avoid people who are neither happy nor successful.

Fault-finding and mediocrity are mildly contagious.

Always keep in mind that it is better to be a good follower, who has a greater place in the world and is a better part of it, than a poor leader.

All of us today are placing too much importance on the necessity of being rich.

A man who has ability and a reputation for honesty and just dealing is more to be envied than one who obtains a fortune at the expense of health and character.

Given health and a small competence, a man is as happy as the possessor of millions.

DO NOT JUDGE BY CLOTHING.

Boys, do not judge a man by his clothing. A little incident occurred on one of the lines of street cars of this city a few days since which is worthy of notice. A poorly clad woman entered the car carrying an infant in her arms. As she sat opposite I observed she seemed troubled about something. When the conductor passed thro the car for the fares she said, in a very low voice, "Please, sir, I have no money; let me ride this time and some other time I will pay you." "I can hear that story every day," said the conductor, in a loud, rough voice, "You can pay or get off." "Two fares, please," said a pleasant voice, as a toil-worn and sun-browned hand passed the conductor ten cents. "Heaven bless you, sir," said the woman, and long and silently she wept; the language of the heart so eloquent to express our hidden thoughts. This man in worn and soiled garments was one of God's noblemen. sessed a heart to feel for the woes of others, and altho the act was but a trifle, it proves that we cannot, with safety, judge a man by his clothing—"For many a true heart beats beneath a ragged jacket."—Our Dumb Animals.

WISDOM IN WIT.

"Dying in poverty," mused a needy student, "is nothing; it is living in poverty that is hard on a fellow."

A New York woman says with much truth: "Were it not for the self-sacrificing women of the land who marry and support so many men, the number of tramps would be largely increased."—Phrenological Journal.

An ounce of generous praise will do more to make a man your friend than a pound of fault-finding.—Selected.

Queer epitaphs are numerous, but one

of the queerest is this, taken from a stone at Chidwell, England:

"Here lies me and my three daughters, Brought here by using Seidlitz water; If we had stuck to Epsom salts, We wouldn't have been in these here

vaults."

"Do you mix anything with your candies?" he asked, as he laid his money down and picked up the package of gum-drops. "Well—ahem—a little glucose, perhaps." "Anything else?" "Perhaps a litle clay." "Any chalk?" "Only a very little—not enough to speak of." "It is of no interest to me, you know," continued the stranger, "but I was wondering why you didn't have your candies made at a regular brickyard of the regular material, and have something you could warrant to your customers."

MAUD MULLER.

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(Dated Up From Whittier.)

Maud Muller on a summer's day, Raked the meadows, sweet with hay.

The judge rolled slowly past the stile, His features wore a cheerful smile.

"I like to see her work," said he, "That hay will soon belong to me!"

And sure enough, before the fall. The judge came round and swiped it all.

Poor Maud remarked with grief intense, "I'm glad he didn't steal the fence."

"Of all bad words, the very wust,
Are these, 'I'm working for the Trust!'"
—Social Ethics.

When the sword is rusty, the plow bright, the prisons empty, the granaries full, the steps of the temple worn down and those of the law coutrs grass-grown; when doctors go afoot, the bakers on horseback, and the men of letters drive in their own carriages, then the empire is well governed.—Chinese Saying.

OUR BOYS AND GIRLS.

LESSONS.

"O dear! Mamma, this lesson's hard," Cries Charley, sorely vexed; "I cannot work this horrid sum— The rules are so perplexed.

"The teacher is a partial thing,— Gives lessons by the score; And if I miss a single one, She makes me learn it o'er.

"There's Tommy Page, and Jimmy Brown,

Who never learn a rule,— And I've the hardest, longest task Of any boy in school."

"Hush! hush! my boy," the mother said,
"This whining will not do;
A lesson fit for Tommy Page
Would be no task for you.

"Time flies on golden wings, my child,— Improve it while you may, And fit yourself to take the prize Examination day.

"And those of older, larger growth,
With Charlie's blindness cry:
"Life's lessons are too long and hard
For one so weak as I."

Life's but a school room, and to-day Are tangled lessons given; To-morrow solves the problems, with A crown of life in heaven.

—Linnie Lee.

IN THE OTHER WINDOW.

By Annie H. Donnell.

"Ten days is a long time to be sick. You can keep pretty patient the first six of 'em, but the last six—" Roberta stopped and reckoned. Were there two sixes in ten? She shook her head. It is not always easy to reckon when you are sick.

"The last fi—er—four of 'em you have a perfect right to be cross," she went on. So she was cross.

"I'm just the mis'ablest little girl there is!" she scolded, aloud. "There can't be anybody in the world as sick an'—an' unfortunit as I am, so there! Did I want to be sick at this house? Didn't I want to be sick at home, where there's room enough—mercy! did I want to be sick anywhere? Did I do anything to be sick? No, I didn't."

She almost laughed at herself then—not quite. But perhaps it was that which made her look up just that minute and see the Strange Little Girl at the other window. They had put up the curtain at last. For days Roberta had been wondering what was behind that curtain, but she had not once thought it might be a little girl—and a sick one, too!

The two windows were quite near together, just across a tiny, narrow backyard. She could see the Strange Little Girl very plainly indeed.

"She's trinner an' whiter than I am, an' she's got more pillows behind her," thought Roberta. "I wonder if that's as straight as she can sit up?"

Suddenly the Strange Little Girl nodded a siny little nod. Of course Roberta nodded back. If they could only have opened the windows, they would have been acquainted in a few minutes. But of course sick folks—

"I know what!" Roberta exclaimed, interrupting her own thought. "If that little girl knows how, we can talk deafan'-dumb! I'm going to try and see!"

She hitched up a little nearer the window and held up her fingers in plain view. Then she made them spell out words slowly.

"How do you do?" they spelled.

The Strange Little Girl knew how. Her fingers began to spell.

"How do you do?"

After that ,as Roberta said, they regularly talked.

"I've got the measles. What have you got?" Roberta said.

"Hip disease."

The Strange Little Girl said very short thing, as if her weak little fingers got

tired very soon.

"I don't know what that is, but the measles are awful." I am afraid Roberta's fingers said "orful." "Ever had them?"

"No, I never."

"Then you ought to be thankful. I don't have my curtain up for days, sometimes."

"Weeks I don't."

Roberta gasped a little.

"One day I ached."

"I always do."

Mercy! Roberta thought hard. "I've had the mis'ablest time."

"Why, I haven't!!"

"I didn't have a thing to do."
"Why didn't you sing? I do."

It was a long sentence for the weak little fingers, and they sank wearily into the Strange Little Girl's lap. But the Strange Little Girl was smiling.

Roberta tried again. This would sur-

prise her.

"I've been sick ten days."

"Ten years," spelled the tired little thin white fingers. And then some one came and drew down the curtain at the other window. There was just time to nod and spell "Good-bye!"

Ten years! Ten years! Roberta sank back on her pillows and shut her eyes. She was trying to think how it would feel to be sick ten years—to ache always—

and sing..

"Oh, I can't! I can't make b'lieve it!" she cried softly. "An' I thought I was the unfortunitest one in the world. Oh, that poor, that brave little girl in the other window!"

Then there were new, soft, sweet sounds in Roberta's window. Roberta was singing.—Home and School Visitor.

PEANUTS.

"Where are you going mamma?"
"To see some poor people."

"I want to go."

"I don't think I shall take you, Archie. The last time you went with me, you were impatient about waiting."

"I won't be to-day—if youl'I buy me

something to eat while I wait."

On the way his mother got out of the carriage and went into a grocery, returning with a small basket of fruit.

"Peaches and pears and apples."

Archie's face lengthened.

"I didn't want fruit. I wanted candy."

"Fruit is much better for you."

But the scowl kept its place on Archie's face until they drew up before a large, shabby building many stories high.

"Now, Archie," said his mother, "I shall be up-stairs some little time, and if you dont' care to wait, John will drive you home and come back for me. Only you must go at once."

"I'll wait," replied Archie.

He looked up at the tall building with a discontented face as his mother disappeared in it, and wished she would take him with her. He sat in the carriage watching some children at play in the yard before the house. There were plenty of them, for there was a family to nearly every room inside; and they appeared to be having a good time, notwithstanding their clothes were ragged and their faces dirty.

The babies—there were two or three of them—and older ones of all sizes. All were taken care of by a larger girl than the other, whose name was Dolly. She had freckles and red hair, but they all seemed to like her, and as Archie looked at her face, he thought he would like her, too. After watching them a while he got out of the carriage and walked up and down the sidewalk: A boy came round the corner so swiftly as to run against him, almost knocking him down.

"Ho!" said the boy. "I didn't mean to do it. I'm in a hurry to get to Dolly to show her the good luck I've had."

"What is it?" said Archie, as in pride and delight the boy held up a paper bag.

"Peanuts! Not near all of it is shells. There were some boys eating them, and putting the shells back in the bag, and then they threw away the bag, and I picked it up, and theres' more than a dozen peanuts!"

threw away the bag, and I picked it up, and theres' more than a dozen peanuts!"

With a beaming face, and a shout to Dolly, he rushed away. Archie followed more slowly, and peeped thru the pickets of the old fence to see what Dolly would do. Every child gathered about her, watching with a grave face while she emptied the shells from the bag, picking out the nuts.

"There's enough for every one of us except one," at length she announced; "that'll be me. I dont' care for nuts."

Archie had watched while she counted. "She means one nut apiece," he said to himself, with a little astonished catch in his breath.

"We'll play Christmas," said Dolly. "All go to sleep now."

There was a chorus of little screams of delight as every boy, girl and baby lay flat down in the yards. Eyes were shut and lips pressed together, but not too tightly for the little giggles to make their escape.

Dolly went gravely about, putting a nut here and a nut there in seeming hiding, yet where it could easily be found. Then: "It's morning. Get up, every one of vou."

More squeals, laughs and shouts as all scrambled to their feet and began a hunt for the nuts.

Dolly had put the babies' nuts within easy reach, and now opened them for them.

"Dolly, I'll give you half of mine," said the boy who had found the bag.

"And I—and I—" others came to divide. But Dolly told them all she never did care much for peanuts.

"My! I wouldn't like to have just one peanut. I wouldnt' like to go barefoot and live in a place like that. Mamma says—O, lots of things about boys that have as many things as I have, being good."

When at last his mother came, she looked anxiously at Archies' face, as if fearing to be met with a more than usual-

ly deep scowl.' But he was so full of something else that he had forgotten to think of himself.

"Mamma," mamma," he cried eagerly, "I want you to buy me a bag of peanuts—the biggest, biggest bag you ever saw."

"Why, Archie," she said, "I just bought

you a basket of fruit."

"Never mind that. If you will, mamma, I'll—I'll—not scowl once for—O, for a week."

Mamma laughed.

"I'll try you, Archie," she said.

The nuts were bought, Archie being quite satisfied with the size of the bag. He carired it back to where he had seen Dolly and the children at play.

But quiet had fallen on the yard. Were they all gone?—No; as he came nearer, he saw that Dolly had gathered the children into a corner near the street, and appeared to be telling them a story. Archie listened for a few moments.

"And the fairy, she lifted up her beautiful gold wand, and shook it over them, and said: 'If you're all good, I'll take you to my grand castle, and you shall have bags and bags of gold every day—'"

Archie had loosened the mouth of the bag of peanuts and let them fall over their heads.

"Mamma," he said, the next time you come here, I want to come. And I want to bring them something. It's nice to give things."—The Kings' Own.

A KIND DEED,

A poor, old, blind soldier used to earn a scanty living by playing his violin every night in one of the public gardens in Vienna.

His little dog sat beside him, holding his master's hat for the few coppers that passers-by occasionally dropped in. One night the old man was in trouble. No one stopped to hear his music, and he had not received a single coin that day. Hungry, and weary, and grieved, the poor old soldier at last sat down and wept. A stranger, seeing his distress, came up to him, put a coin in his hat, and said kindly, "Lend me your violin,

and I will play while you collect." He tuned the violin carefully, and then played so magnificently that a great crowd soon gathered to listen. The hat quickly filled, not with coppers only, but with silver, too.

The stranger who thus so nobly came to the help of a poor, broken-down soldier, was one of the finest violin players in the world.

The old man wept tears of joy as he blessed his benefactor, and the crowd enthusiastically cheered him for his kindness as he walked away.—Selected.

ONE DAY'S RECORD.

It seemed as if there had never been so many dishes to wash, and the stuffy little kitchen was warm and close. Marian Wilcox stood by the heavily loaded table, and sighed dismally at the task before her.

"I might as well begin; the pile will not grow smaller by looking at it," and Marian resolutely sorted out the glasses and put them in a pan by themselves.

She turned to the window, and tried to push it up a trifle farther, to see if a breeze could not be enticed into the warm room; but it stuck, and no amount of effort on Marian's part could move it.

"I wish I had the strength of a Hercules, but if I had. I wouldn't be here! how glorious it would be," this aloud, "to be able to do things like other folks-to accomplish something!"

Marian rested her hand on the window sill, and looked out over the meadow to the hills beyond, nestling softly against the sky. Just over those hills—somewhere, it seemed to her, lay Opportunity, a world far remote from the humdrum daily existence she was forced by circumstances to endure.

"Here I have no chance, no opportunity for doing anything noble, or even ordinary. Who ever heard of a heroine with her hands in the dishwater, or hanging out clothes, or holding a broom! And I would like to do so much—but what can I do here?"

Marian stepped to the stove for a kettle of boiling water.

"If only I had a chance to do something I would be careful not to let it slip by unimproved. But then, To Be and To Do never call at a place like this," and her eyes, after a sweep around the lowposted, narrow kitchen, rested for a moment on the fields without, before she finished her work.

"How wrongly she interprets the being and the doing," thought Mrs. Wilcox, anxiously, from the next room. where she stood starching some clothes for the forenoon's ironing. "She fails so woefully to see that the opportunities she longs for are all about her; that the one who does the homely duties cheerfully, uncomplainingly, is truly a doer of great things, with a life enriched therebv."

She smoothed out on the table, with her reddened hands, a baby garment, and stepped to the kitchen for an iron.

Marian doesn't realize what she might be to us all, if she would," resumed Mrs. Wilcox, softly closing the door; "how her world of opportunity is right at home! It's a lesson hard to master: I'm about discouraged over Marian's ever learning it."

Only the rubbing of the iron broke the silence. At length, Mrs. Wilcox's face

appeared less troubled.

"It may do some good—to see in black and white the little chances for helpfulness neglected." and Mrs. Wilcox folded up her ironing sheet, and laid it away in the closet.

Whether there were more demands made of Marian that day, or not, one had no means of knowing, but it seemed to her mother that Marian had, since morning, more opportunities "to do and be" than she had ever noticed before. Perhaps it was from the fact of her keeping record.

"I've been thinking all day, mother," it was after the supper dishes had been put away, and Mrs. Wilcox and her daughter were on the little vine-covered veranda, enjoying the cool of the evening, "how some folks are completely cut off from a single chance of doing anything—anything helpful or influential, I mean. I did not realize it before I went away; that some girls have such splendid

opportunities for doing things.

"I was introduced to Belle Norris while at Aunt Mary's, and I learned so much about her life—her hospital work, and so many lovely things she was doing; and other girls, too. I've been comparing my life with theirs, and my opportunities, and there isn't a thing that I can do here, so far from everybody—no one!"

An expression of doubt overspread Mrs. Wilcox's face.

"Wait a minute, dear. I'll be back in just a minute," and her mother went into the warm little sitting room.

"I would be so happy," continued Marian, on her mother's return, "could I do something, no matter how trifling, for some one. But I can't make opportunities!"

"Do you have to, dear? Is there any need, when you lose so many?"

"Lose them! Why, I never have them; that's where the trouble lies."

Mrs. Wilcox unfolded a bit of paper she held in her hand.

"Would you like, dear, to hear a record—a record of one day only?" and her eyes, filled with mother love, met those of her daughter.

"I don't quite understand," replied Marian.

"But you will, dear," and Mrs. Wilcox slowly read the one day's record. "Neglected to begin the day with a cheerful, thankful spirit—a duty to herself. Neglected to write out a receipt for Mrs. Hollis, when she had trudged all the way over here in the heat."—

"But I said I would later, before she needs it," interrupted Marian.

"Neglected to arrange grandmother's hair," not heeding the interruption. "Neglected to write the letter for father, about the new horse rake. Refused, because it was so hot, to carry the papers down to old Mrs. Newcomb; and she depends on them so much for company. Neglected to help Ralph with his alge-

bra, when she knew she could so easily give the desired aid. Neglected to do an errand for Aunt Louise. Refused——"

"To recognize her opportunities, at the same time making herself miserable because she didn't have any," hastily interupted Marian. "And all of them opportunities of but a day. Have I missed so many? Why didn't you tell me?"—Well Spring.

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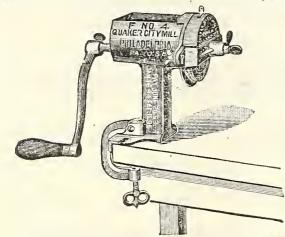
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The Character Builder

A JOURNAL OF HUMAN CULTURE AND HYGEIO-THERAPY

NOVEMBER, 1904.

PARTIAL CONTENTS



Editorial

The Function of Correspondence Schools

The Seeds of Vice

Delineation of Dr. John T. Miller

Dr. Karl G. Maeser, the Phrenologist

Educational Notes

The Object of Physical Education

Suggestions to Parents and Teachers

Adulterated Foods

Horace Mann to a Young Lawyer

Our Boys and Girls

Wisdom in Wit

Health and Disease

The Human Culture College





DR. JOHN T. MILLER

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A JOURNAL OF HUMAN CULTURE AND HYGEIO-THERAPY.

Old Series Vol. 17, No. 11.

NOVEMBER, 1904.

New Series Vol. 5, No. 7.

EDITORIAL.

The Character Builder uses the reformed spelling recommended by the National Educational Association.

THE FUNCTION OF CORRESPONDENCE SCHOOLS.

One of the most popular movements in education during recent years is the establishment of home study courses conducted by correspondence. Many thousand Americans who are unable to attend high schools and colleges receive a training in some of the branches of higher education by means of correspondence schools. Are such institutions merely a passing fad, or have they a permanent place in education? The opinion of many prominent educators is that this method of education has a distinct function and will become permanently established. In every city, town, and village of the land there are young people who do not have the advantages of higher education; they do not acquire the reading habit in the elementary schools, consequently they begin to rust as soon as they leave the public schools. Often there are no books or magazines of interest in the home and no public library to visit. Where such conditions prevail, young people settle down to a physical basis and are deprived of the influence of the accumulated wealth of knowledge that is the birthright of every human being. Such persons merely vegetate and finally sink to a condition where they are influenced by such things only as appeal to the appetites and physical nature. In the busy season their life consists of work, eating and sleeping: when there is no work, the life consist of loafing, eating and sleeping. What a pity that such a condition is possible amidst our twentieth century civilization. Most boys and girls now have the advantages of elementary education, but some look upon it as an end instead of a means for further development. Ten years after leaving school, many have not only forgotten the details of the various branches they studied, but have almost entirely lost the art of reading the language used in pursuing the studies at school. There is a larger per cent of such in our land of liberty than would be supposed without a careful examination.

START THE YOUTH RIGHT.

There are few human beings of sane mind who are not interested in some branch of education. One is interested in mechanics, another in art, another in natural science, another in political science, another in physical education, another in human nature, etc. If the capacities and inclinations of our vouth were consulted, studies of interest to the various individualities could be found. A voung man who has been in an educational atmosphere for ten years and pursued a course in a commercial college for two years, failed to acquire the reading habit until becoming thoroly interested in a mechanical pursuit; he desired to become proficient in his chosen vocation, and securing the best books on that occupation, his spare moments are devoted to studying them. Thousands of others who read nothing from one year's end to the other might be induced to pursue some useful course of study if their efforts were properly directed. While the labortory courses in science, and the languages could not be successfully pursued without the aid of laboratories and personal instruction. there are numerous studies that can be successfully pursued at home if the student is properly directed in his work. Young people often say: "My parents were too poor to send me to high schools or college and therefore I have no education." Such an excuse

at present is usually without a reasonable foundation. Many well-informed people have been compelled to get what they have without attending school. Their knowledge would be more systematic it their efforts had been properly directed, but they are living witnesses that much may be accomplished by self-effort.

HOME STUDY COURSES AID SCHOOLS.

Altho large numbers of young people pursue correspondence courses at home, the attendance at high schools and colleges is increasing much more rapidly than the population, thus showing that there is an increased demand for higher education. Home study courses might be pursued with profit even after having completed high school and college work. Every human being should study the laws governing the proper development of body and mind, still according to the report of the United States Commissioner of Education, only about 8 per cent. of the students in higher educational institutions study psychology and only about 10 per cent study physiology and the laws of health. How few there are even in our higher institutions who study civics, political economy, social science, moral science, serology, heredity, household economy, mitary science, physical education, dietetics and the numerous branches that are most intimately connected with the proper development of every individual and the building of a nation. general ignorance that prevails today concerning those vital studies makes the individual and social imperfections and vices as prevalent as they are in the midst of almost universal intellectual training. GROWTH OF CORRESPONDENCE SCHOOLS.

These schools are becoming established in connection with some of the leading universitities of America. Dr. Wm. T. Harris, United States Commissioner of Education, belongs to the faculty of a correspondence university that was recently established. Concerning such schools, the Scientific American says: "The rapid growth and remarkable popularity of Schools of Correspondence prove that this new system of education meets a distinct want and has come to stay."

TESTIMONIALS.

President Harper of the University of Chicago has said: "The work done by correspondence is even better than that done in the class room. Students who come to us, year after year, from such work are better prepared than those who have taken it with us in the class room. The correspondence student does all the work himself: he does it in writing. He does twenty times as much reciting as he would in a class of twenty people. He works out the difficulties himself and the results stay by him."

President Woodrow Wilson of Princeton University recently made some statements that were favorable to this method of ϵ ducation, altho they may not have been intended to be thus applied. As reported in the educational press, President Wilson recently delivered an address before the Schoolmasters' Association of New York, in which he repudiated the present method of college instruction, and especially the recitation system. He declared that the recitation was practically useless in developing any initiative in the student, and that the elective system was not much better. He said there was no place for the lecturer or teacher who merely tried to impart information; he could only outline a subject and stimulate interest. proper way is to give the student material to work with and tell him to get the results himself, holding him responsible at examination.

Except in laboratory courses. work might be successfully pursued by correspondence, if students were far enough along to work without too much The student needs to have stimulating. his efforts directed to pursue the work successfully. Dr. Parkhurst of New York points out the real difficulties of private attempts without proper direction. He says: "The great fault of private attempts at education is that the learner is a blind leader of the blind and, therefore, runs the risk of never getting anywhere in particular. It is at this point that the scheme of education by correspondence comes to the rescue. If a man cannot go to college, the college can, in

this way, in a very wide and true sense

of the term, come to him."

If schools of correspondence can bring higher education to those who desire it, but are unable to attend college, and, if they can stimulate to mental activity those who would otherwise not be aroused to the pleasures resulting from the higher life then they are a valuable educational factor, and will have a permanent place in the realm of education. If thru home study and correspondence the studies that are now neglected, but should constitute a part of every person's education, can be successfully taught, this new method of education will be a valuable auxiliary to the established institutions, and may aid in bringing to every son and daughter of the human race the training and information that will best qualify each, not only to make a better living, but to live more completely.

THE SEEDS OF VICE.

Vice is a monster of such frightful mien, To be hated needs but be seen;

But seen to oft, once familiar with its face

We first abhor, then endure, then embrace.

—Pope.

A recent number of Truth contains a vigorous protest against the permitting of young girls in the court room to listen to the detailed nastiness of disgusting divorce proceedings. At a recent trial of this kind there were in the crowded court room a lot of young girls, all the way from 13 to 21 years, listening to the debasing details of an unusually filthy case. After administering a merited rebuke to parents for permitting such a thing, Truth says:

"Now, the chances are that the mothers of those girls have never in their lives explained to the daughters the problem of sex. That they would consider it a very improper thing to do. That they would be shocked that any mother should explain the matter to her offspring and would consider it very unladylike. Well, so far as those girls are concerned, if they are left to determine these matters and

get the proper understanding of the function of life thru listening to the testimony taken in a divorce court, I can see their finish. It does not require much philosophy to determine what will become of them. Before closing this topic, I would like to recommend to the fond mammas of these kittens that very excellent number of The Character Builder, published in this city several weeks ago, mention of which was made in Truth at the time. Professor Miller reproduced an article that treated of this subject in the manner in which it should be treated. It was something every mother should read; aye, and fathers, too, because it was to the point and minced nothing.

"We are prone to wonder why girls go wrong; why boys go wrong. One of the prime reasons is because we do not teach the children what they should be taught. We leave them to gather false ideas of sex relations from the testimony of courts and from what they learn among themselves and then we marvel that bagnios are filled with the wrecks created because of the improper understanding of

the greatest function of life."

It is gratifying to see that vigorous journal turn its attention to this vital question at a time when one would excuse it for devoting its entire space to the campaign battle that is now at fever heat. The writer of the article quoted above points out the cause of much of the vice that exists. There is an inexcusable neglect on the part of most parents and many sorrowful moments result from this neglect to properly instruct and train the youth in the principles of personal purity. If parents could read the letters that come to us from victims of this reglect, they would arouse from their indifference, put aside their false delicacy and would make an intelligent effort to prevent the social evils that are a disgrace to twentieth century civilization. The remedy lies in true education.

HELP LIGHTEN THE LOAD.

Do you know that the Character Builder has a real mission; that it has come to stay, and that it should be in every home, school, and improvement organization? Do you

know that it was established to do good, and not as a mercenary enterprise? Do you know, that every person's opportunity is in self-improvement and in aiding others to improve? Do you know that we are living in a mercenary age when the most helpful, ennobling and life-saving principles are often sacrificed to the demon greed? Do you know that the true measure of man is character and not money? Do you know that the greatest Teacher the world has known had no money or property? Do you know that truth has always had a struggle to become established? Do you know that the policy of the world has been to build monuments to the dead and let the living starve? Do you know that we spend more in America every year for harmful luxuries than for Do you know that we can be necessities? saved no faster than we learn and live lifesaving principles? Do you know that magazines are a great factor in modern education? Do you know that many impoverished brain workers are sacrificing "their all" in order to disseminate life-saving principles? Do you know that some valuable magazines that have been established for nearly half a century hardly pay their own way? Do you know that many of the popular magazines receive more than enough from advertisements to pay for publishing them? Do you know that many of those advertisements are devoted to things which destroy Do you know that the Character Builder has rejected all such objectionable advertisements in order to protect its readers? Do you know that we shall not only keep this magazine at its present high moral standard; but shall improve it as rapidly as possible? Do you know that if each subscriber keeps his subscription paid up the load will not rest so heavily upon a few? Do you know that if a delinquent subscriber carried the responsibility of a magazine for a simple day, he would not let another day pass before paying up his subscription? Do you know that we very much appreciate the support that has been given the Character Builder by its many friends? Do you know that this is the best time of the year to help the good work along? Do you know that when you help the Character Builder you help yourself? If you know all these facts, we hope to have your co-operation in the future. If you are among those whose subscription has expired, we hope to hear from you immediately in a material way; thus you may help lighten the load of those who have labored unceasingly to éstablish this educational work.

DON'T BE VACCINATED.

Smallpox is again breaking out and the blood of many persons is being poisoned by vaccination. This poisoning process lowers

the vitality of the body and makes it less able to resist all disease. Vaccination is a medical lie. In 1786, long before Jenner gave his delusion to the world Dr. Benjamin Rush, the eminent physician, said: "Smallpox is disarmed of its mortality by inoculation." In 1809, Dr. Rush sang the praises of vaccination in Philadelphia. November 17, 1901, the following news came from Philadelphia: "Vaccination results in death. Seven victims are dead. Board of Health rescinds order of compulsory vaccination of school children."

Since the heated controversy over vaccination in Utah five years ago, the writer has been a student at a regular medical college. While there the law of the tyrants was proclaimed and all the students must be vaccinated. A large per cent of the students refused to submit to the poisoning process, but were permitted to go on with their work. Some who reluctantly submitted were disabled for days and some for weeks. One who was at work for a week after being vaccinated became ill as soon as the pus poison BEGAN TO TAKE, and a few days later was a corpse. The only consolation given the pus poisoned ones was that the virus used was bad. It is idiotic to force people to be vaccinated and at the same time permit them to violate every law of sanitary science and hygiene. Thousands of intelligent physicians in Europe and America are opposed to vaccination. DON'T BE VACCI-NATED.

WHO IS A SOCIALIST?

By Ella Wheeler Wilcox.

Who is a Socialist? He is a man
Who strives to formulate or aid a plan
To better earth's conditons. It is he
Who, having ears to hear and eyes to see,
Is neither deaf nor blind when might, rough—
shod,
Treads down the rights and privileges which God
Means for all men; the privilege to toil,
To breathe pure air, to till the fertile soil—
The right to live, to love, to woo. to wed,
And earn for hungry mouths their meed of
bread.

The Socialist is he who claims no more Than his own share from generous nature's store.

But that he asks. and asks, too, that no other Shall claim the share of any weaker brother, And brand him beggar in his own domain To glut a mad, inordinate lust for gain.

The Socialist is one who holds the best Of all God's gifts is toil—the second, rest; He asks that all men learn the sweets of labor, And that no idler fatten on his neighbor. That all men be allowed their share of leisure. Nor thousands slave that one may seek his pleasure.

Who, on the Golden Rule shall dare insist—Behold in him the modern Socialist.

No institution was ever established for a less selfish purpose than is the Human Culture College, and none has ever represented work more essential to the real advancement of the race.

Human Nature Department,

EDITED BY N. Y. SCHOFFELD, F. A. I P

"I look upon Phrenology as the guide of philosophy, and the handmaid of Christianity. Whoever disseminates true Phrenology is a public benefactor."—Horace Mann.
"By universal consent Horace Mann is the educator of the nineteenth century."—E. A. Winship. Ph. D., editor of the Journal of Education."

DELINEATION AND SKETCH OF DR. JOHN T. MILLER.

By N. Y. Schofield.

In compliance with a frequent request coming from various quarters where this magazine is circulated we present to our numerous readers on this occasion a brief sketch with delineations and photographs of Dr. John T. Miller, editor-in-chief and presiding genius of the Character Builder.

This magazine is read as extensively outside the state of Utoh as within, and therefore it is but natural that the many enthu-



siastic readers who reside at distant points should desire to become better acquainted with the person who from month to month prepares the free lance articles and editorials that are fast gaining an enviable reputation for this magazine. Whatever the Character Builder is today must be attributed to the labor and effort of Professor Mil-

ler, tho materially assisted by his devoted wife, who shares his philanthropic hopes and who with him has made many personal sacrifices for years past.

Apart. however, from his direct interest in the Character Builder, Prof. Miller is a worthy subject to be treated in these columns by reason of his ability, his acquirements and his unselfish devotion to true education.

The writer is of the opinion, however, that this delineation would be best given by quoting from two personal examinations one by Miss J. A. Fowler of New York, editor of the Phrenological Journal, and the other by Prof. Allen Haddock of San Francisco, editor of Human Nature. The delineation given by Miss Fowler seven years ago was published in Vol. 105 of the Phrenological Journal, and is as follows:

The organization of this gentleman is a favorable one for health and strength. If he knows how to reserve his vitality he may expect to live a good long and useful life. Such men usually die from accident or old age, debarring, of course, any uncalledfor abuse of strength thru overwork or dissipation. Men of this stamp sway a healthy influence over their patients when they are dectors and inspire confidence when giving their advice.

Mr. Miller has inherited a good deal of his working material from his father, while his temperamental conditions, his strong vital-mental tendency, his keen sympathies, and his genial manner come to him as an inheritance from his mother. His head is the size of that of the coming man, being twenty-three and a half inches by fifteen and three-quarters and fourteen and a half. This being combined with his superior quality of organization gives him exceptional power to work. His height of six feet two inches bears agood proportion to his size of head, and his weight of 185 pounds is a fair complement to support his mental calibre. He therefore has great responsibilities resting upon him, and more will be expected of him as time goes on than from the average

His brain appears to be a very active one hence it will be always employed and ready for aggressive work. The basilar part gives good support to the moral and intellectual faculties, hence whatever he does

will be marked out with effectiveness, force, push and energy. He is not like Mr. Macawber of old, inclined to sit and wait for something to turn up, but will hustle around himself and make things serve his purpose and his ends. He does not undertake anything unless he has a clear road before him and can see where he is going, hence accomplishes his work in as short a space of time as anyone could. His brain appears like finest steel to be ready for active service. He readily takes into account what is going on around him, and lets nothing escape his mental camera. He has a scientific cast of mind, and quickly takes into account facts, information, theories and principles, which are useful and telling. They are also such facts as would be of practical use in scientific survey, and with less time spent he could rally his forces and make the most of circumstances. His mind is a very inquiring one. He thinks with a keen object to be informed on various subjects. As a lawyer Mr. Miller would be an able pleader, and would set before the judge and jury all logical facts that were necessary to prove his case. His upper side-head is well represented, which enables him to take a deep interest in ingenious and mechanical work, as well as in literary composition. He will know how to use up ideas and make the most of them, as well as to create new ideas and scatter fresh seed. His moral brain is well represented, and the faculties in the superior region of his head appear to be well furnished with good force, progressive views, liberal ideas and moral sentiments. He will be in the vanguard in political and intellectual work, and when he has thoroly matured he will be given the title not of commodore, vice admiral or rear-admiral; he will take his place among the highest ranks and be given the title of admiral. In other words, he will work so as to command the highest respect of all. His social brain is well developed. He will make a firm friend, a devoted father, a thoughtful husband and companion, and a successful teacher of the young after they have stepped out of their boyhood. He borrows a good deal of his benevolence to support his social faculties, so that he is not only all that they indicate, but also is sympathetic, tender, thoughtful, philanthropic and humane.

In short, he will be interested in all the advanced sciences. For instance, in all sanitary progress, in new hygienic treatments, and will be an excellent lecturer himself on these subjects. Mental science, psychology, physiognomy and ethical culture will come in for a large share of his attention. In business he should oversee and manage and direct the work of others, for he will know how to enlist the sympathies of every one who has any work under him to accomplish.

PROF. HADDOCK OF SAN FRANCISCO said eight years ago in a personal phrenological examination of Prof. Miller:

"You are an athlete, both physically and mentally; vigor is written upon every line of your face and form. You never have idle moments; to you it seems that more hours should be added to the day in order that you might accomplish the great amount of work that you are constantly planning. Your active brain is ever on the alert searching for new ideas and "pastures new" in which to glean. You are always abreast of the times in human endeavor. You possess a religious nature, but it consists more in doing good than in subscribing to a creed. Your spiritual insight is pronounced, as is evidenced by the full development of the



organ of spirituality, this causes you to be intuitive and prophetic, but the great width of the top forehead prevents any glimmering of superstit on from fastening its chains upon your limbs. All thoughts and all assumptions must first be subjected to the crucible test of reason before you accept them. The lower part of the forehead is well developed, indicating that the perceptives or observing faculties are large and strong. Upon this well laid foundation of facts is your superstructure of intellect built. You quickly grasp and readily appropriate facts, and take cognizance of the existence of things; indeed very few things escape your

observation. You have little use for fine spun theories unless they can be reduced to practice. You are a thinking man and a progressive man, but your ability to acquire is confined to the acquisation of knowledge and not to the amassing of ma-You easily gain the terial wealth. dence of people by your frankness and friendly sentiments and thru your excellent tact and ability to accommodate yourself to circumstances you can easily manage men. You have a good command of words and can express your thoughts with ease, and as a public speaker will command a hearing. You have public spirit and possess great ambition to be equal to any emergency that may arise. You live in the realm of ideas and are fully alive to everything which tends to the advancement of mankind. You have a fatherly feeling toward all children and greatly enjoy their society.

There are many occupations which you could follow successfully. With years and study you would grace the chair of University Professor. If you should take up as a specialty geology or astronomy your talents would be manifest in the aptitude with which you would master the sciences, and the ability which you would display in applying the knowledge gained to the wants of the age. You would be very successful as a lecturer and demonstrator upon scientific subjects, especially Anthropology, Ethnology or Phrenology. Indeed, you seem peculiarly

With proper hygienic care you should live to a ripe old age and realize all your high desires. There is only one reason why this may be modified and that is because you feel so sure of your strength that you may overtax your powers. Remember that yours is an active temperament (tho strong) and that constant friction wears out the strongest constitutions, hence our advice is to husband your resources and always keen a reserve power in the storage battery. Thus living success is sure to be yours.

(Both these delineations were given years ago by experts in character reading, one in New York and the other in San Francisco, but reading them today in the light of subsequent developments, no further comment is necessary, time having verified the truths therein stated.—N. Y. S.)

BIOGRAPHICAL.

Dr. Miller was born in Providence, Cache county. Utah. June 24, 1868. His early life was spent on the farm, in the canyons and on the railroad. He attended the public school until he completed the work in the grades, and then entered the B. Y. College, from which he graduated in 1889. After leaving college he spent nearly three years

abread, mainly in Germany, the fatherland of his ancestors. On his return from Europe he entered the teachers' profession and has been actively engaged in educational work continuously since. During his educational career he has held the positions of Principal of the Gunnison Seminary, Principal of the Juab Stake Academy, Superintendent of Schools for Juab County, Professor in the B. Y. University, and is now Professor of Physiology in the L. D. S. University.

Dr. Miller has been a student of human nature from boyhood. He taught psychology at the B. Y. University for three years, and for a decade has devoted much time to the study of the phrenological philosophy of mind, having read the standard German, French and English works on the science. He devoted a summer to a resident course in human nature at the Institute in San Francisco, and has given much time to original research. He is at present giving physical measurements to the students of the L. D. S. University. In 1898 Prof. Miller graduated from the B. Y. University and two years later entered upon a regular medical course which he pursued in Chicago and in Michigan. Upon returning to Utah he took an extended tour thru the intermountain region lecturing on health culture and social purity, and in order to continue the work thus begun, the Character Builder was established and has since gone to thousands of homes every month.

In 1903 Prof. Miller received the degree of Doctor of Science as a result of his deep research and study for many years. In 1892 he married Miss Margaret Kienke of Nephi, Utah, and this union, besides giving them three sons and one daughter, has proven one of mutual advantage as Mrs. Miller one of mutual advantage as shares her husband's ambition to make practical advancement along the lines of educational reform. The lady is herself a teacher of Household Economics and Hygiene for women in the L. D. S. University, is the editor of the Domestic Science depart ment in this magazine and her accomplishment, coupled with her sympathy and interest in the mission of this magazine has been and still is of incalcuable benefit to her husband.

DR. KARL G. MAESER, THE PHRINOLOGIST.

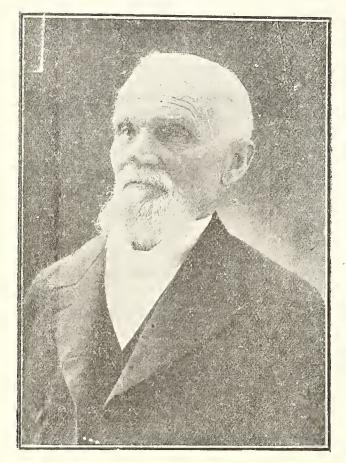
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It is well known that Dr. Maeser was an accurate delineator of human nature, but it is not so well known that he was a student of phrenology and analyzed the mind according to the principles of that science. For proof of this statement, the reader is referred to Dr. Maeser's book,

"School and Fireside," page 114, where

the following is found:

"The capacity for recollection is greatly diversified according to the physical organization of the individual. Phrenologically speaking, this capacity seldom extends harmoniously over all the various organs of perception in the brain. For instance: localities, names, dates, figures, forms, etc., are seldom recalled with equal vividness. Parents and teachers ought therefore to make it their object to discover any specially pronounced capability or defect in this regard, and instead of paying undue attention to an already



well-developed tendency, should rather endeavor to cultivate the parts in which recollection appears to encounter great Scolding, censure, or other difficulties. such means of correction are not only useless but absolutely unjust, for the educator is confronted by an organic deficiency rather than by a wilful neglect."

Again, on page 314. Dr. Maeser says: "Phrenologically speaking, I have noticed that pupils enjoying a keen sense form, make, all other things being equal, more rapid progress in spelling than pu-

pils less favored in this respect."

When all people study the true science of mind and apply its principles in their own development and in the training of the youth, there will be better results than have ever been obtained. We commend to the readers of The Character Builder the system of mind analysis used by Dr. Maeser and by Horace Mann, two of the greatest character-builders of the mineteenth century.

PRINCIPLES OF PHRENOLOGY.

Phrenology treats of the powers or faculties of the mind in connection with the brain. Its chief doctrines in brief are:

I. The brain is the organ of the mind.

2. The mind has many faculties or powers.

3. Each faculty or power of the mind has its special organ in the brain.

4. The size of the brain, other things being equal, is the measure of its power.

5. The organs of the brain are naturally grouped together in accordance with their relation in function. The organs of the intellect occupy the forehead; those of the social nature reside in the backhead; those of passion, appetite and selfpreservation are in the side-head; and those of aspiration and pride, of sentiment and religion, are in the crown and top-As each bodily function is performed by a special organ, it is but reasonable that the mental powers should also have special organs. If the brain were but a single organ, a person would exhibit the same amount of talent or ability on all subjects. Everybody knows, however, that among men there exists the greatest variety of dispositions, character, and capacity.

6. Temperament, which comprehends. the "other things" mentioned in 4, is indicated by the degree of physical vigor, activity and endurance possessed by a per-There are three leading temperaments, to-wit: Vital (Nutritive), Motive (Motor), and Mental (Sensorv). The Vital temperament is indicated by large lungs, powerful circulatory system,

large digestive and assimilating organs. The Motive temperament, is indicated by a strong, bony system, abundance of muscle, dark, wiry hair, prominent, well-marked features, dark complexion, and great disposition to physical movement. The Mental temperament is indicated by mental activity, fineness of muscle, a com-

parative light frame, thin skin, soft hair, small or symmetrical features, and a brain large in comparison with the size of the body. The temperaments exist in combination and the combination is greatly varied in different persons, according to the proportion of each in the physical constitution.—Phrenological Journal.

EDUCATIONAL NOTES.

The New York city schools have opened with the largest registration that any city in the world has ever shown. The number of pupils placed on the lists was 650,000, which is 50,000 more than last year's showing. London had only 550,000 enrolled last year, altho the population within the school district was a million more than in New York. This latter city has about 517 school buildings.

EDUCATION AND COMMON SENSE.

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We can hardly justify the means by the ends when we undertake to size up the merits of certain college practices. Hazing certainly ought to be tabooed in all well-regulated institutions. Just as senseless is the violence committed in many a "cane rush," or "tank rush" as they call it at Purdue University. The other day the regular fall term "task rush" curred, between the Sophomores and Freshmen. As a result, fifty students were seriously injured and five fatally hurt. At this writing at least that is the probable ou come. Yet no great protest has gone out from any source except from the homes thus despoiled. There is evidently something wrong somewhere. If it requires a mob and mob violence to screw up the "college spirit" to the sticking point, we believe it rather a poor grade of college spirit. Yet students are often attracted to an institution by the notoriety it has gained thru some such occurrence as the one above mentioned. Others are attracted to the institution because they are led to believe that it would be a good place to have a "good time." Many young people like the excitment that comes from adventures and believe that an institution that had a successful cane rush last year, or that won in an "athletic" contest, is just the school to attend. They want to be where there is "something doing."

Educators would do well to analyze most carefully the data that such occurrances furnish. Is this side of college life a necessary one? What gives emphasis to the lawlessness that pervades some sorts of college sports? Who is responsible? We believe that these things are not essential to enjoyable college life. We believe they are not essential factors in an education that really educates.—Editorial in Ohio Teacher.

A NEW EDUCATIONAL INSTITU-TION.

It is often stated that the value of a school cannot be measured by its buildings or apparatus, but by its teachers and the principles they advocate. The Human Culture College is established for the purpose of disseminating principles of correct living physically, morally and socially. The various studies will be under the direction of persons who have had a thoro training in the theory and practice of their respective courses. If the success of the college is in proportion to the determination of its promoters many persons will be directed toward the more perfect life and the effort shall not be re-

sultless. During the last 75 years a great educational work has been performed by the Lowell Institue, without the aid of costly buildings and elaborate equipments, by means of free lectures on natural and moral science. Prof. James, the editor of the Handbook of University Ex-

tension, says of that instituion:

"Seldom has there been established in any city an educational work so valuable, so far-reaching, and so direct in its results as that of the Lowell Institute in Boston. Never was there a great work that was perhaps so wholly free from any elaborate machinery, and almost, one might say, wtihout material expression. There is no Lowell Institue in the form of a building; the "Institute" is wholly immaterial, and is AN IDEA RATHER THAN AN EDIFICE. To the stranger in Boston who might inquire as to the locality of the Lowell Institute, the resident could only reply as did the character in Mr. Aldrich's clever story, "There is no Margery Daw." Possibly few of the great concourse of people who avail themselves year after year, of the beneficent opportunities offered in the noble courses of free lectures delivered under its auspices have ever paused to consider that never was a people's college—for it is practically that—more entirely held true to the intellectual idea alone, in no way mingled with material paraphernalia, than is this institution, which in the usual sense, is not an institution at all."

Such a succesful experience should fill with courage and hope any person who has valuable truths that should form the warp and woof of every human life. The Human Culture College enters upon its mission to humanity full of hope, energy, courage and sympathy. There is a need everywhere for the work for which the college was established and full measure will be given for all support given it.

"Our elementary school system teaches children how to read; but it has not yet taught sufficiently well what to read. In view of this fact, there have been for some time tentative efforts in the direction of an extension of the benefits of school

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by conducting courses of reading at home, so that the impulse gained at school may not be lost, but continue thruout life. The pupil once taught how to read, shall continue his education thru well selected books nd become learned and cultured. Inasmuch as every step gained is a new instrument with which to gain more, the capacity for acquirement of mental power will increase with age, and there is no limit to the progress in knowledge and power of thought that may be attained."

—Dr. W. T. Harris, U. S. Commissioner of Education.

"Learning has been imprisoned in a new cloister, from which it needs to be brought. The restrictions which hem in advanced instruction are opposed to the democratic spirit of our age. This principle of equal rights to learning will not stop short of a revolution which will exert as powerful and lasting an influence as those which gave men religious and political liberty.

"It is so essential to human progress that, after having found two partial realizations, it now seeks a third which shall complete them both—one which shall on the one hand recall the universities to their first function of satisfying, not individual, but universal longings, of ministering not to one class, but to the people: and the other, supplement the invention of printing which gave the material of knowledge by teaching the true use of this material. The privileges of knowledge shall be no longer only for those who are able to satisfy the conditions of academic residence, no longer for those who can go thru years of careful preparation and devote additional years to the sole occupation of study. Once more the university was founded for the people, and the aim of this movement is to have the people share as largely as may be in its benefits."—Geo. F. James, M. A.

"I believe that with the rise and growth of University Extension will come a higher and a better and a nobler life for all our people. It will reach all the schools; it will reach the workshops; it will reach

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every class and condition of the community; and while we grow rich and strong and powerful with our manufactures, we will grow intellectual and human, and have aspirations after those higher and better things, which after all must become the abiding life of every people."—Dr. James McAlister.

Dr. John Dewey, head of the department of philosophy in Chicago University, has been elected Professor of Philosophy in Columbia University.

Think of your own faults the first part of the night (when your are awake), and of the faults of others the latter part of the night (when you are asleep).—Chinese Proverbs.

Miss Margaret A. Haley of the Teachers' Federation, has just won for the teachers of Chicago a suit compelling the board of education to pay the teachers nearly a half million dollars in extra salary. She first compelled the corporations to pay their taxes, but had to institute proceedings against the board to compel them to pay the teachers.—The Ohio Teacher.

A MODERN ADVERTISEMENT.

A minister down in Missouri found his people too poor to purchase hymn books, says an exchange, and being offered the same book free by a patent medicine house, provided they be allowed to insert their advertisement, ordered three dozen for his congregation. He was elated upon receiving them to find no ad in same. The next Sunday morning he distributed the books, telling the good people of their fortune, and requesting that they sing page 130. His chagrin may be imagined when they sang as follows: "Hark the heavenly angels sing, Johnson's pills are just the thing; and angels voices meek and mild—two for man and one for the child." —The Ad. Writer.

Whilst we have prisons, it matters little which of us occupy the cells.—Bernard Shaw.

BOOKS RECEIVED.

WHAT YOUNG rEOPLE SHOULD KNOW. The Reproductive Function in Man and the Lower Animals, by Prof. Burt G. Wilder, published by Dana, Estes & Co., Boston.

This work is devoted mainly to the anatomy and physiology of the reproductive organs, but gives some pointed instructions concerning the hygiene of them. The author emphasizes the truth that the knowledge of the human body belongs to every man, woman and child. Under the duty of parents concerning personal purity, he says: "Too often, therefore, as children, we are left to enter into the midst of fearful temptations, unwarned and uninformed. We receive our first impressions on this subject from companions, and there is ground to fear that the teaching on this very important topic is wholly in the hands of those whose ideas in regard to it are low and gross.

"Until, therefore, parents feel it an essential part of their duty to acquire this information themselves from reliable sources, and to impart it fully and freely to their children as soon as it can be comprehended by them, no teacher of physiology can hold himself wholly guiltless of the sins or misfortunes of those under his charge if, from mistaken delicacy or other motive, he refrains from including in his instruction an account of the generative organs, their legitimate uses and the perils which attend their abuse."

Prof. Wilder is a well known writer on scientific subjects. The book before us should be read by every teacher. It confirms the views we have held and advocated for years, and is another evidence of the importance of the Character Builder's mission.

CHRISTIANITY CHRISTIANIZED is the title of a book of poems written and published by Charles A. Strickland, Box 798, Salt Lake City.

The author believes in more education before agitation. He emphasizes the vital truth that 'A'man's religion and his worldly character, including political and social convictions, are inseparable. The author is evidently a man of strong convictions, and one who has the courage to express them. The price of the book is 25 cents.

THE PHRENOLOGICAL ANNUAL of 1904 contains twenty-six articles by some of the most eminent phrenologists in the world. Any one of the articles is worth the 25 cents asked for the Annual. The work is edited by Miss Jessie A. Fowler and D. T. Elliott. It is for sale at Fowler & Wells Co., 24 East Twenty-second street, New York.

The CHARACTER BUILDER

For Home and School.

A magazine devoted to Physical, Intellectual, Social, Moral and Spiritual Training.

Consolidated with the Journal of Hygieo-Therapy that was published for sixteen years at Kokomo, In-diana, F. V. Gifford, A. M., M. D., editor and publisher.

\$1.00 A YEAR, IN ADVANCE.

Published by the HUMAN CULTURE COMPANY, Salt Lake City, Utah.

Entered November 29th, 1902, at Salt Lake City, Utah, as second-class matter under Act of Congress of March 3rd, 18:9.

RATES FOR ADVERTISING:

One inch, per issue, \$1. Rates for larger space furnished on application. We accept no advertisements of liquors, tobacco, tea, coffee, patent medicines, drugs, quack doctors, or fakirs of any description.

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School-Room Guide, De Graff	1.50	.75
Normal Method, Holbrook	1.40	.60
Natural Philosophy, Norton	1.25	.65

Guarantina Tarana Dadlam	1 00	00
Suggestive Lessons, Badlam	1.75	.90
Child and Nature, Frye	.95	.50
Nat. Philosophy, Gillet & Rolfe	1.15	.65
Teacher's Assistant, Northend	1.10	. 60
Treasury of Latin Gems (new)	1.2a	.75
Essays on Reunion of Christendom	1.50	.60
Social Equality, Mallock	1.25	.65
Telemaque, Fenelon (French)	1.25	.65
Labor and Victory	1.:5	.63
Footprints of the Savior, Smyth	1.00	.50
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TO AGENTS.—Any agent who will send us 50 subscribers to the Character Builder before Christmas, 1904, will receive besides the regular commission, a set of Dicken's Works, 15 Volumes. For 25 subscriptions either Heredity by Riddell, or Woman and Health. by Dr. Fairchild. For 20 subscriptions Maeser's School and Fireside, one-half Morrocco. For ten subscriptions the \$1 Pioneer Route Map. For five subscriptions, a cloth-bound copy of Child Culture. Remember these are in addition to the liberal commission given to agents. If there is no active agent in your town, write us for the Every parent, guardian, teacher agency. student, boy and girl, needs the Character Builder.

WANTED.

We desire active agents in every city and town where the English language is spoken, to work for the Character Builder and the Human Culture College. We can give permanent employment to persons of good character who have had experience in soliciting or who are interested in human culture studies. Send photograph with application. Address: The Human Culture Co., Salt Lake City, Utah.

If your subscription has expired you are earnestly solicited to renew immediately. We desire your co-operation to increase the influence of the Character Builder, and your dollar is very much needed to continue the good work. Send it immediately.

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-0-The cloth-bound copies of Maeser's School and Fireside have all been sold. As long as the copies in half mcrocco binding last they may be had with a year's subscription to the Character Builder for \$2.15: the former price of the book alone was \$2.75. You may have the \$3.75 edition with a year's subscription to this magazine for \$2.65. You cannot afford to miss this bargain.

Manhood Wrecked and Rescued, Hunter, \$1.00.

Teaching Truth, Wood-Allen, 50 cents. Chastity, Dio Lewis, \$2.00. The Biography of Dio Lewis, \$1.50. Vital Science, Walter, \$1.50.

-0-Factories were made for man and not man for factories.—The Whim.

Physical and Moral Education,

THE OBJECT OF PHYSICAL EDU-CATION.

By Miss Mercy Rachel Baker, Principal of the Baker School of Oratory, Templeton Building, Salt Lake City, Utah. With the progress of civilization, science has made rapid strides, the elements have been brought under control of the human mind to such an extent that they now, in a measure, do the work which man and beast has done heretofore. What was necessary for man to do to maintain his physical existence is not necessary now; and as a result his physical nature has been and is greatly neglected. The appearance of the school children and men and women as we see them on the street is proof of the poor conception there is of what physical education requires. With advancing civilization, a systematic course of bodily training must be substituted for that which nature herself gives her children in their struggle for life when in a cruder state of existence. Solon says, in his philosophy, that it is impossible to repress luxury by legislation, but its influence may be counteracted by athletic games which invigorate the body and give a martial character to the amusement of our young men. The result of such training was a physical perfection which has made Greece the model of all succeeding nations.

People are beginning to realize that to enjoy life and to accomplish the best results mentally they must be strong and healthy physically, that the mind acts feebly thru a frail sickly body. According to Rousseau's convictions, "the body must be vigorous to obey the soul. A good servant ought to be robust. The weaker the body, the more it commands; the stronger, the more it obeys. A feeble body weakens the mind. If you desire that your pupil should improve in mental abilities, let him improve that corporeal strength which is to be subject to the

direction of the mental powers. Let his body have continued exercise. Let him grow strong and robust to the end that he may improve in wisdom and reason." For proof of the truth conveyed in his ideas we need but refer to the Greeks about 500 B. C. In no period of the world's history do we find greater scholars, greater legislators who have excelled in every branch of art, letters, philosophy, etc. This excellence was the outcome of their constant attention to physical training, for among no other people do we find such personal education. They believed that the body of man has a glory as well as his intellect and spirit, and that the body and the mind should alike be disciplined, that the right kind of gymnastics applied to the body was a safeguard against and a preventive of disease. One of the duties of the officers of the gymnasium as to know the physiological effects of each exercise and to prescibe for each youth according to the individual needs. So much did they value the relation of physical exercise to the development of perfection in mind and body, the maintainance of health, and the cure of diseases, that they dedicated the Gymnasia to Appolo, the God of Physicians. At a very early age the Greek boys were put into a gymnasium, where they usually remained until they were men. The first step in their development was the training of the body for the maintainance of health and strength. Their moral nature was then carefully looked after by special officers, and later discipline was given them in social intercourse and in conversation on literary, philsophical and civic matters. They also believed in keeping right ideals constantly before the mind. For this purpose, statues representing physical perfection were kept in all the gymnasia.

By keeping the right ideals constantly before the mind and striving to reach those ideals, the individual has power to

mould his character and to become that which he would like to be. Emerson said he did not belive an Appolo or a Juno impossible in flesh and blood; every trace which the artist recorded in stone he had seen in life, and better than his copy.

Physical education means more than athletics. It is educating the body with reference to the mind; assisting it to serve its owner; liberating the individual from the chains acquired by heritage; or forged by habit of wrong thinking or living or of manual labor. We admire the large, well-developed muscles of the horse, but in man it is the mind, the moral worth working thru the well-developed physique which wins our admiration.

The object of psysical education is the development of the body toward the ideal, toward perfection, making it an obedient and faithful servant to the highest behests of the soul. One author has said, "The legitimate office of the body is to express the soul, till the tongue be framed to music.

"The hand be armed with skill, The face, the mold of beauty,

And the heart the throne of will."

The exercises given should cause passive chests, drooping shoulders, heavy, unresponsive bodies to respond to buoyant life; to develop dignity, strength, moral weight and faith that knows no defeat or failure; to cause the body to represent that which God intended when He created man in His own image.

This ideal condition can be realized only thru legitimate means, that is, thru obedience to the laws which control the physical organism; therefore, the aim is the highest conditions of health, strength and beauty thru such exercises as are authorized and required by the laws of human economy. No exercise can be thrust upon the body. Like all the rest of God's creations, the human body is under the dominion of law, and the law requires that the exercise should be of a definite kind; exercise which promotes the natural activities of the body.

We are beginning more and more to realize that every appearance of ill-health,

bodily weakness and awkwardness are nature's indications that her laws are being violated and that the quickest way to remove the ill is to remove the cause. This, in many cases, means a reform of Sickness is not brought on by accident, but by repeated disobedience of physiological laws. These conditions can be counteracted only in overcoming wrong habits by exercises based directly upon those laws and living in harmony with them. Many seek health thru illegitimate means; that is, by the use of drugs, patent medicines, etc., which oftentime leave the patient in as bad or a worse condition than they found him. It is surprising to note the hundreds of thousands of dollars spent in this way every year to no avail, when less than half the amount and a little time spent in the



INCORRECT POSITION.

study of physical exercises and care of the body would alleviate years of untold misery and bring about a healthy and happy condition to thousands.

Oftentimes the laws of health are ignorantly disobeyed, and we wonder why we have to suffer so much, as, for example, in the illustration here given:

The individual has brought on the condition represented by ignorant disobedience to law. The first requirement of physical exercise, according to nature, is vital supply for the entire organism. That this supply may be obtained, the exercises should be so arranged as to place the burden of the work upon the vital centers, strengthening those organs which manufacture life and energy, in proportion to the musicles which exhaust the supply of nourishment in the blood. If this law is not obeyed, evil results will follow, as in the case of the great champion of weights, Dr. Winship, who developed enough muscular strength to enable him to lift twenty-seven hundred pounds, and then died from exhaustion. The law of exercise requires a due balance between the energy that supplies and the energy that wastes. That the vital organs may do their work properly, nature requires that they be in a correct position. The first requirement is relating one's self to the law of gravity, as in the figure here represented.

Such exercises must be given that will bring the body into obedience with this law before exercises are given to the vital organs. The next step is gradually working up the greatest amount of energy compatible with the present state of vital and functional activity.

The energy generated by preceding exercises should now be harmonized into nerve force. That the object sought may be obtained, there must be unity between the mind and the body, harmony of action between the psychological and the physiological laws which control the human organism. As there are certain conditions of mind that are conducive of health, these conditions should be encouraged while the exercises are being taken.

Physical education then means the development and refinement of the physical system, cultivating it to express the purposes and emotions of the soul. It has been said that the body was created that it might serve the soul. During our earthly existence, the spirit is imprisoned in the body and has no power to express itself independent of the body. If the mind and heart are educated to the noblest thoughts and feelings, the body should be educated to express them. Each exercise should be given for the purpose of educating from within outward, converting the overcharged sensibility of the nerve centers into vitality and bloodmaking power, thereby strengthening the nerves, giving free circulation to the blood and strength to the muscles; producing a reposeful and dignified bearing.



CORRECT POSITION.

developing ease and grace of movement, and ability to overcome all appearance of self-consciousness. It has been said, "he who degrades his body by making it the slave of false and evil appetites, is a moral criminal." Also, "he who neglects the cultivation of his body lives beneath his privileges, closing many avenues of good and rendering himself less useful to others."

PURIFY THE RURAL SCHOOLS.

"One of the great needs of the day is a cleaning out, cleaning up, clarifying, and purifying generally of some of the rural school houses, outhouses, and grounds. County Superintendent Arthur R. Spaid of Newcastle county, Delaware, is making this an issue in that state and it should become a national reform. Superintendent Spaid states that in visiting the schools under his jurisdiction he has been surprised by the deplorable conditions around some of the schoolhouses, with special reference to the outbuilding, which were filthy nd productive of immorality. Moral instruction within the school under the conditions now existing in some of the districts is more than counterbalanced by the evil consequences arising from the foul and mind-polluting surroundings. The filth, in some instances, is appalling. One is strongly reminded of pig-pens, with this exception—for the health of the pigs the pens are occasionally cleaned, which does not appear to be the prevailing custom at the outbuildings in some of the school districts. In some places they appear to receive no attention during the whole year. Some of the outhouses are by the roadside, without ample protection in the way of screens. At some places there is absolutely nothing to prevent people in the road watching children going to and from the buildings. In some places there are buildings by the roadside which are entirely unprotected, the doors even being off. Some of the buildings are inscribed with immoral drawings, words, and sentences. He even found some of these on the school buildings, wainscoting, doors, and desks. In some places large crevices have been cut in the partitions, and there are many other evidences of immorality which daily confront the children attending the schools, and also people passing by on the roads.

"There is need of new outbuildings, of changing the location of old ones, of putting up blinds for decency's sake, and of ornamenting these unsightly buildings with vines and shrubs. Every offending inscription must be covered with paint, or planed off wherever it may be. The buildings must be kept scrupulously clean within, and must be built according to sanitary ideas. The time has come for this great source of immortality to cease.

"Mr. Spaid has photographs which plainly show that he knows what he is talking about, being snapshots of some of the worst places he has found in his investigation.

"This is not a pleasing topic of discussion, but it must be faced until nothing is left of this great and dangerous nuisance."

The above is taken from the Journal of Education and describes conditions as they prevail in most places today. Three years ago while on a lecture tour thru the Inter-Mountain region I inspected the outbuildings connected with about 150 school houses, and found in most instances the signs of immorality described above. The same condition prevails in many of the outbuildings connected with places devoted to religious worship. How long will this disgraceful condition be permitted to exist?—Editor.

USEFUL MEMORIAL. A memorial to the great geologist and scientist, Joseph Le Conte, has been erected in the Yosemite valley, California. It is a lodge built at the upper end of the valley looking up Toneiya canyon, Le Conte's favorite view. The lodge is furnished with books, maps and guides of the high Sierras and a custodian will be maintained there for the free benefit of all visitors. This is a sensible memorial, for while perpetuating the great geologist's name, it benefits his brother man at the same time.

(The chart of anatomical and physiological measurements used at the L. D. S. University.)

PHYSICAL EXAMINATION

Of
LATTER-DAY SAINTS' UNIVERSITY. Salt Lake City, Utalı.
EXAMINERS: JOHN T. MILLER, D. Sc., MISS ARDELLA BITNER, Professor of Physiology. Instructor in Physical Culture for Women.
Number of Chart
Age years
Occupation
Nationality
Weight
Height, standingInches
Height, sitting
Circumference of Head
Occipito-Frontal Circumference
Superior Auricular Circumference
Anterior Auricular Circumference
Posterior Auricular Circumference
Anterior-Posterior Diameter
Bi-Temporal Diameter
Bi-Mastoid Diameter
Circumference of Neck
Breadth of Shoulders
Capacity of Lungs
Normal Circumference of Chest
Forced Inspiration
Forced Expiration
Heart beat—RateCharacter
Eye—Vision
Ear—Distance RL.
Health Record:

***************************************	• •
Family Record:	
Father	
Mother	
Brothers	• •
Sisters	
Physical Type or Temperâment:	
Motor (motive)	
Nutritive (vital)	
Sensory (mental or nervous)	
Balanced or Harmonious	
Remarks:	• •
•••••••••••••••••••••••••••••••••••••••	• •

THE VALUE OF A PHYSICAL EXAMINATION.

All persons inherit and acquire characteristics that may be modified by a course of training. The examination reveals defects in the organs of the body, and to aid in remedying these, specific instructions are given in each case.

The temperaments are indicated by the relative development of the three grand systems of organs: the motor, the sensory, and the nutritive. These may be modified by exercise, food, and other conditions that are within the power of the individual. The vocation for which one is best adapted is indicated by the temperament. A person in whom the motor organs greatly predominate would not excel in poetry, music, or any other of the fine arts, but might excel as a mechanic, where great physical strength is required. He might also excel in mathematics, science and similar lines of activity. One in whom the sensory organs predominate over the motor organs might excelt in the fine arts and in those mechanic arts where speed and fine adjustment are essential. Temperament indicates to a considerable degree the likes and dislikes and the occupation in which the person would have the greatest success. In order to do the most for one's self and others, we should pursue in life work that is useful and pleasurable as well as that which supplies our physical needs.

The measurements indicated in this chart are valuable only if an effort is made to overcome the defects indicated, so as to bring about physical harmony and thus furnish the essential foundation for mental development. The student must become familiar with the principles of physiology and temperament in order to modify physical

development through his own efforts.

PHYSICAL TYPES OR TEMPERAMENTS.



(The sensory organs predominating.)



(Bones and muscles predominating.)



(All the organs of the body being nearly equally developed.)



(The organs of nutrition, heart, lungs and digestive organs predominating.)

CRIME—CAN IT BE CHECKED.

Efforts are constantly being made by law-makers, clergymen, and various organizations, for the suppression or abolition of crime. These efforts are usually directed to one of two methods, viz., moral suasion or punishment with fines, imprisonment, or death. The latter method, while effective in preventing future crimes by the individual so punished, has little if any appreciable influence upon others. Lynch law, or as some one pleased to call it, "summary justice," also fails to impress any except the victim, and exerts upon others the same influence as moral suasion.

The person possessed of criminal tendencies of whatever nature is abnormal. It may be thru defective development of the so-called higher mental or moral faculties, the over-development of the so-called animal instincts, or thru disease affecting the central nervous system. The latter class are fully recognized as irresponsible in the "eyes of the law," and are sent to asylums for treament and also for public safety.

While not a believer in natural depravity, I am convinced in the law of heredity, and that both mental and physical characteristics are transmitted from generation to generation.—Editorial in Eclectic Medical Journal.

College football may give young men training in such worldly tactics as cheating and slugging, but they would get more good and less harm from following a plow or engaging in some other such homely but productive enterprise. Washington, Pa., a football game broke up in a general riot. It was found, according to the news dispatches, that Teas, a very expert player from Pennsylvania university, was playing with the West Virginia university team under the assumed name of Morgan, and this led up to the fight. This use of outside players is an old and common trick, but anyone who will resort to such a dishonorable means to win a friendly game will be very apt to resort to cheating all thru life, whenever it becomes necessary to

make a point. Any boy had a thousand times better be content to be an unlettered coal-heaver or ditch-digger than to gain advancement thru that kind of an "education."—Pathfinder.

UNHEALTHY LITERATURE. Writing in the Westminster Review, Arnold Smith regards the increasing bulk of sensational literature as a symptom of mental debility. He says it is the result of the nerve-shattering conditions of modern life, and regards the ethics of the modern novel as an index to certain tendencies of the age. Of the modern novelist's palliation of crime he says:

"It is becoming infrequent for the novelist to make the traditional concession to conventional morality of bringing his criminal to justice; when he does so the punishment is miserably out of proportion to the man's crimes. This rubbish which fills our magazines and lies on every railway bookstall is a very morbid indication of the mental health of the public. It is a direct incentive to vice and it panders to the lowest taste."—Pathfinder.

The New York legislature has set a good example for the other states in the Union. It has just passed a bill forbidding trap-shooting of pigeons. Everyone, with the exception of a few sportsmen, is opposed to this peculiarily brutal method of displaying one's skill with a gun. As an editor well puts it, the pleasure found in trap shooting of pigeons is altogether fictitious. It is not sport, but commercialism-the crack-shots are in the play of manufactures of powder, cartridges, of fire-arms, who travel for advertising purposes. It is well to make an end of this slaughter of birds under the pretense of sport. It is a good law and ought to be made universal!

Since the magnificent times of the Roman empire there has never been a period when people have been so overfed, overamused and overstimulated as in the imperial London of today.—London Lady's Pictorial.

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Suggestions to Parents and Teachers,

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AN APPEAL TO PARENTS AND TEACHERS.

After fifty years' experience as an educator, Dr. Karl G. Maeser said in his book, "School and Fireside": There is not an experienced teacher in the land that has not noticed with aching heart the slimy trail of the serpent, the symptoms of secret vices, on the countenances of some of his pupils." As a remedy for this evil, Dr. Maeser suggests: "There should be a matron connected with every school, to instruct the girls in such hygienic and moral questions as pertain particularly to the mission, welfare, and responsibilities of their sex. A male teacher should perform corresponding duties, and similarly instruct the boys

and young men."

Do the boys and girls in your charge receive such instructions? Are vou aware that this social evil is destroying the vitality and morals of the youth, and will not cease its destructive action until it is banished thru proper education and a purer environment? Are you helping to bring about the desired change? For a number of years it has been my privilege to give courses of lectures on heredity, and hygiene for men in some of the leading educational institutions in the Inter-Mountain region. Three years ago I gave lectures on these subjects in 150 cities, towns and villages. Intelligent people everywhere spoke of the need of such instructions, but they are generally neglected to the everlasting injury of many young men and young women. If a little more effort were made to prevent vice, crime, disease, pauperism and other preventable abnormal conditions there would be less need for reform schools, assylums, penitentiaries, sanitariums, hospitals, doctors, lawyers, and other persons and institutions that are necessary because of abnormal living. Charletans and quacks who are catching the unfortunate youth of the land will need to seek some other employment when our youth are trained as they should be.

The Character Builder is arousing such an interest in this vital phase of education that it is receiving the approval of intelligent people at home and abroad. work is being conducted at a great expenditure of money and time. You may help materially by sending your dollar for a vear's subscription. The work must be made more effective. Is the result not worth the effort? J. T. M.

RESULTS OF A FOOLISH MOD-ESTY.

The ordinary forms of play, aside from the promptings of his own nature, tend to acquaint the boy with himself. Unless he has been previously warned in a decided way of danger from that source, he may easily become addicted to habits from which a little fatherly or even motherly counsel would have shielded him. This counsel is, owing to a modest but imprudent shrinking from a manifest duty, usually given, if given at all, too late. It is the duty of the parent to lead the child to confide in him, to forestall his difficulties, and to make it not only possible, but easy for the child to come to him. It is a standing shame and menace, both to the health and moralsof our American youth that the child is left to learn thru debased and bad-minded associates that which should come from a pure and trusted source. In the meantime, thru sheer ignorance, he is exposed to evil habits.

Clark University in the east, and Stanford University in the west have of late entered on a campaign for the study of sex and of sex hygiene. Not only has the general ignorance of boys on such matters, except as gained thru their coarser playmates, been condemned, but

it has also been shown that a wide ignorance of the normal growth and development of sex exists even among adults. It has also become clear that a very large percentage of children have no readiness to confide in their parents on these matters. A large number of women have testified both to their ignorance of the meaning of the changes in their own lives, and even to their attempts to check the menstrual discharge, which they considered an abnormal condition. Similar testimony has come from men, showing that a lack of knowledge of normal sex phenomena and hygiene is very frequent. The common recourse, in lieu of the confidence in the parents, has been to quacks, who have made those who were perfectly normal in all their symptoms pay large sums for the cure of terrible maladies which existed only in the imagination. Mr. Lancaster, in a recent article, makes what is practically an exposure of their methods, and their success. There are eight firms in this country which print advertisements intended to arouse in the uninstructed a morbid fear of sex disease. Symptoms which belong to normal development are cited as indications of disease. The replies are pooled and sold to quacks. One broker told him that he had in stock 705,000 medical letters of this sort. The victims are hurt psychologically more than physically by such impositions. The mental tortures suffered for years by individuals are striking evidence of the permanent warping and stunting of the mind resulting from our neglect to provide instruction in this direction.—Stuart H. Rowe, Ph. D., in "The Physical Nature of the Child and How to Study It."

SEX IN HIGH SCHOOL EDUCA-TION.

We believe a false modesty is manifested in much of our teaching of physiology and hygiene. We believe we send thousands of boys and girls out from our high schools without a kind of knowledge every one of them will sorely need, a knowledge that should, perhaps, be im-

parted by parents if they were universally competent to do it. We believe that every high school should have a girls' class in Hygiene taught by a lady instructor and a boys' class in the same subject taught by a competent, sensible man. A course of instruction suited to the needs of each class should be provided for the Freshman year, and the plain questions of life should be treated without a sneer. Life, health, and happiness are certainly worth enough to merit serious attention in the schools.—Editorial in the Ohio Teacher.

IGNORANCE IS NOT INNOCENCE.

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The time was when a query regarding sexual matters from a child was received with a rebuke. People were positively ashamed to acknowledge that their birth had been due to sexual intercourse. A test of innocence in maidenhood was complete ignorance. Some would have it so today, but the "thinkers" know there is a better way, and the beter way comes as every good thing does—thru knowledge.

No good thing ever came thru ignorance. Why instruct a young girl in languages, music, mathematics, history and arts, and yet leave her in entire ignorance of her own wonderful part to play in the future history of humanity?

In the past the vast majority of men and women have been reared in ignorance; and have bred their children like cattle. Is it always so to continue? Do we get weary looking for the millennium? Are we discouraged that the progress of mankind is so slow? Do you want to see the stream of humanity cleared of crime, selfishness cruelty, bigotry, greed and lust?

Seeing the result of generations of sexual ignorance, does it not seem as tho a change might be effected by introducing knowledge of such matters to our young people?—Good Health Clinic.

Trifles make perfection, but perfection itself is no trifle.—Michael Angelo.

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DOMESTIC SCIENCE

A PLEA FOR PURE FOOD.

(By Mary Sidney).

Winter is close at hand. Winter with its long nights, and days that have not much in them for the housekeeper but getting meals for the family. What we eat concerns us more than is dreamed of by many people. We like good food, but are not so particular as we might be to find out the component parts of the things we relish. It is an era of deception and adulteration, and we have need to be "wise as serpents," for truly we are like "sheep in the midst of wolves" that would cheerfully devour us for the sake of gain. It is said that ignorance is bliss, but in the matter of food, we can not call it blissful ignorance that disturbs digestion and causes countless ailments that destroy bodily comfort.

The pity of it is, we do not know ourselves what we are buying and using. We have no means at hand of finding out the condition of the things we buy. They might be largely adulterated, and we could not tell by looking, or even by tasting, what was the matter. But the increase of disease in the human family is evidence that something "is rotten in the state of Denmark", and to find out what that something is should be made a deep concern by mothers and housekeepers and everybody who values a healthy body. There is too little interest taken in this subject which is of such vital importance to us all. True, if a farmer puts a quart of water in a thirty-quart can of milk, he will be held up and fined—such adulteration as this can not be tolerated by the powers that be; but the men who embalm the beef that is furnished in healthful condition on the hoof by the farmer, and put preservatives into pure fruits for the purpose of canning and keeping them better, and contaminate our baking soda, and spices and extracts, etc., food laws and commissioners galore, but one can not see with the naked eye just what they are doing to help things, except it be to enrich themselves with their offices.

The housekeepers themselves must cry out loud against the impositions practiced on them. If there is no other way a chemist might once in awhile be emploved to test the compounds the stores supply. The man who ever sold a pound of doctored meat to me, would never get a chance to do it again, if I knew it. Sooner than knowingly place this sort of vile food on my table, I would visit the hen roost occasionally, and the rest of the time do without meat. The people of this country cat too much meat, anyway. In a land overflowing with milk and honey, there is no need to be constantly taking life to prolong our own.

So we can do without the canned goods that are on the market, and of which we know so little. The numerous instances we read of, where serious illness has resulted to whole families from eating these goods, should be a word sufficient for the wise. Our gradmothers could keep house and keep their families in healthful condition, without a tin can of any sort in the house. Their bags of dried fruits and vegetables, and jars of home-made pickles and preserves, represented a great deal of industry and thrift on their parts, and were as keenly relished as any of the cheap tinned products of the present day. There is too little interest taken in the subject of pure foods by housekeepers. It is so easy and comfortable to go to the store and buy things all ready to eat, and let consequences and cancers take care of themselves.

I have just turned thru the pages of a last year's magazine for housekeepers (said to be one of the best of them), and altho I found about every sort of topic discussed,—how to cook meats and are allowed to go free. There are pure serve them, how to set and decorate a

table, how to make desserts of all sorts, how to conduct that nonsensical function, the afternoon tea; Thanksgiving and Christmas requirements, all about impure air and water, mothers' duties, home doctoring, cost of living, how to save, how to run fires, how to wash dishes, make beds and sweep rooms, how to embroider and do fine knitting and crocheting, what toys are best for children, how to take care of the babies, how to make home attractive, and fashions and fashion plates without stint,—yet I did not find in the entire twelve numbers a line or hint about the adulteration of food and drink, and the housekeeper's duties concerning them.

We seem to have settled down in an apathetic, ecquiescens spirit, to eat and to drink what is set before us, without a thought that we have a duty in the premises, that we should demand a healthier state of the food market, and that more attention be given to this important subject.

A well-known doctor has said, "that at least half of the things used as food to-day are not fit for food for any man, or beast, either, for that matter". And he also says that, "success and failure in life are far oftener due to good or bad food than appears in our biographies". We need great wisdom, greater, I fear, than most of us possess, in these treacherous days, to know what is best for us to eat. It has been said that cancers, which have almost doubled according to the population in the past forty years, are caused by the large consumption of canned goods.

Here, at least, we can get on the safe side by not buying them, as a small boy once wrote in his composition about pins—"pins have done great good in the world by people not a-swallowing them". We can do our own canning in glass, and leave out all substances that might prove deleterious to health. Yet I have known many women willing to run all risks and use preservatives in canning—it makes them taste just like fresh vegetables, they will tell you—without a thought that it might not keep the consumer in a fresh stae.

Pure food, or none, should be our standard. The farmer raises it in his garden and fields, and if he can not buy unadulterated articles he can do without. It is said that George Washington's great physical endurance and clearness of mind was in consequence of simplicity of diet, often making a meal of a single article of food.

Society nowadays demands a great variety of dishes at a single meal. Dinners that take an hour or two to consume are favored pastimes of the upper crust, but their days are not lengthened by big eating; they drop by the way as a faulty apple drops from the tree, and are heard of no more. By the moderate consumption of pure food we may live out our allotted years, if our other habits are temperate and pure.—North Dakota Farmer.

GOLDEN RULES FOR THE KITCHEN.

- 1. A place for everything, and everything in its place.
 - 2. A good cook wastes nothing.
- 3. A thing that is worth doing is worth doing well.
- 4. An hour lost in the morning has to be run after all day.
- 5. Clear up as you work; it takes but a moment then, and saves time afterwards.
- 6. A time for everything, and everything on time.
- 7. Do not make unnecessary work for others.
- 8. Much depends upon starting right.
- 9. Without cleanliness and punctuality, good cooking is impossible.
- 10. Leave nothing dirty; clean and clear as you go.
- 11. An attractive table makes evenplain food palatable.
- 12. Far greater skill is shown where, with small material, there are good results.
- 13. A good cook is a good tasterand no waster.
 - 14. Love lightens labor.

15. Anything which has to rise in the oven should be placed on the floor of the oven.

16. Cultivate the habit of opening and shutting the oven door quickly but gently.

17. Look at things as they are baking and turn and watch them until you are sure they can be left alone.

18. Learn the hottest and coolest places in the oven.

10. A hot fire for roasting, and a clear fire for broiling.

20. Good cooks never keep hungry people waiting for their food.

21. Soup boiled is soup spoiled. 22. Variety is the culinary spice.

23. Thoro draining is a secret of nice frying.

24. Attempt nothing in style or expense beyond what you can well afford.

25. Avoid the habit of working with sticky or floury fingers.

26. Poor food makes poor blood.

27. A dish of hot water set in the oven prevents cakes, etc., from scorching.

28. Study to economize strength, time and money.

29. A refrigerator should be examined daily and kept perfectly clean.

30. Cleanliness is next to godliness.

31. Once well done is better than twice done.

32. Do not use your apron for a hand towel or a holder.

33. Haste without hurry save worry, fuss and flurry.

34. Become thoroly acquainted with whatever stove you have.

35. A teakettle should never be quite full, as the water expands in heating, and, in boiling over, makes needless work and injures the stove.

36. By judicious use of seasoning material, remnants can be made into savory and nourishing dishes.

37. All articles to be friend should be thoroly dried and slightly warmed.

38. While frying, be careful not to spill any fat on the stove.

39. Never pile fried articles one on another.

40. The secret of nice broiling is frequent turning.

41. Keep a panful of flour, freshly sifted each day, ready for use.

42. Better simple food with pleasure than luxuries with annoyance and worry.

43. All work well done is honorable.

44. Neatness and order in your pantry will depend largely upon the way you clean your table.

45. Order is Heaven's first law.

46. Do not use newspapers to wrap about anything eatable.

47. The oven can afford to wait for the cake, but not the cake for the oven.

48. Half-heartedness will not accomplish half as much as whole-heartedness rightly handled.

49. Housework affords physical culture quite as beneficial as that which

costs more

50. Remember that actual pleasure and culture may be found in the humdrum duties of every day life if they are done in the right spirit and with the determination to do everything in the best possible time and way.

51. Never leave soap lying in the water.

52. In case of accident, keep cool.

53. Economy does not mean stinginess but the art of making the most and best of the means and materials at hand.

54. Do not use a ragged or linty dishcloth.

56. We first make our habits, then our habits make us.

Some very sensible observations in spelling were recently made by Arnold Tompkins, principal of the normal school at Chicago. He does not believe in teaching children to be accurate spellers of obscure words. They can spend their hours of study, he thinks, to far better advanage than in learning how to spell off-hand words like "parachronism," "caoutchouc" and "anterrhinum." He might have added that their memories would be all the better for having other goods in stock. To this absurd memorizing of words frequently used Mr. Tompkins wisely prefers " a spelling conscience and a pocket dictionary."—The Public.

YOUTH'S DEPARTMENT.

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HORACE MAN TO A YOUNG LAW-YER.

The wise advice and the noble sentiments contained in the following letter commend it to every young person, to whatever profession or trade he or she may be destined:

Washington, July 23d, 1852.

My Dear Sir—Your kindly expressed note of the 17th inst. finds me with head and hands full of occupation. But I can never turn away from a young man asking from me a word of counsel, any more than I could from a drowning man. To save a fellow-being from death is a small thing. To save him from error a great one.

As you are an entire stranger to me, and have given me no information in regard to your age, or the circumstances of your early life, and only mention that you propose to be a lawyer, I can not give my remarks so pointed an application as I otherwise might. I must therefore speak more generally, and point out, in their order, some of a young man's necessities. I hope you will find in yourself but little to be supplied.

First, you need health. An earnest student is prone to ruin his health. Hope cheats him with the belief that if he can study now without cessation, he can do so always. Because he does not see the end of his strength, he foolishly concludes there is no end. A spendthrift of health is one of the most reprehensible of spendthrifts. I am certain I could have performed twice the labor, both better and with greater ease to myself, had I known as much of the laws of health and life at twenty-one as I do now. In college I was taught all about the motions of the planets as carefully as tho they would have been in danger of getting off the track if I had not known how to trace their orbits; but about my own organization, and the conditions indispensible to

the healthful functions of my own body, I was left in profound ignorance. Nothing could be more preposterous. I ought to have begun at home and taken the stars when it should come their turn. The consequence was, I broke down at the beginning of my second college year, and have never had a well day since. Whatever labor I have been since able to do. I have done it all on credit, instead of capital—a most ruinous way, either in regard to health or money. For the last twenty-five years, so far as it regards health, I have been put, from day to day, on my good behavior; and during the whole of this period, as a Hibernian would say, if I had lived as other folks do for a month. I should have died in a fortnight.

Health has a great deal to do with what the world calls talent. Take a law-yer's life thru, and high health is at least equal to fifty per cent more brain, endurance, cheerfulness, wit, eloquence, attain a force and splendor with health which they can never approach without it. It often happens that the credit awarded to the intellect belongs to the digestion. Tho I do not believe that genius and eupepsy are convertible terms, yet the former can never rise to its loftiest heights unaided by the latter.

Again, a wise man with a great enterprise before him, first looks round for suitable instruments wherewith to execute it; and he thinks it all important to command these instruments before he begins his labor. Health is an indispensable instrument for the best qualities and the highest finish of all work. Think of the immense advantage you would have in a suit in court, if, after a week's or a fortnight's laborious investigation facts, you could come in for the closing argument on the last day, fresh and elastic, with only so much more of momentum and fervor for the velocity and the glow you had acquired, while your wilted opponent had little more vitality than a

and trainers of youth suffer boxers and racers to be wiser in their generation than themselves?

Have you ever studied Human Physiology? If not, get such a work as Jarvis', or Cutter's, or Cole's, or Carpenter's, and "read, learn, and inwardly digest" it, and then obey it religiously. I say religiously, for health comes within the domain of conscience and religion. The materials being given, a man is as responsible for his health as for his character. He determines that the former shall be not less than the latter. Extraordinaries excepted, a man should be ashamed of being in ill health as he should be of getting drunk.

But I can not dwell longer on this topic. Get health, if you have it not; keep it, if you have it.

Do you understand Phrenology? The principles of Phrenology lie at the bottom of all sound mental philosophy, and all the sciences depending upon the science of Mind; and all of sound theology, too. Combe's "Constitution of Man" is the greatest book that has been written for centuries. It shows us those conditions of our being without whose observance we can not be wise, useful, happy. It demonstrates from our very organization, and from our relation to the universe in which we are placed, that we can not be prosperous (in any true sense of the word) unless we are intelligent, and can not be happy unless we are good. It "vindicates the ways of God to man" better thany any polemical treatise I have ever read. If unacquainted with this work, you should read some elementary books on the science first, and then master the "Constitution of Man."

It has been objected to this work that it tends to infidelity and materialism. I could never discover the slightest ground for this objection. Instead of tending to infidelity, I think it tends to fidelity, both to God and to man; and its only semblance to materialism consists in the solid basis which it supplies for natural religion. I think it impossible to get the full force of Bishop Butler's "Analogy," or

of Bishop Watson's "Apology," without first comprehending the "Constitution of Man."

You say you have devoted yourself to the profession of law. It is a noble profession. The common law, as contra-distinguished from statute law, has its deep foundations in morals. Some base maetrials have been wrought into it by rude hands during a long period of darknessand semi-barbarism; but it is still a noble structure. The questions which its true high priests perpetually ask, are What is equitable? What is just? What is right? This profession, in all ages hasturned out the ablest and truest men-not because the ablest and truest men go into it, but because its discipline, its incitements, and its training create them.

In practicing your profession, alwaysfor principles, and make precedents bend to them; never the reverse. Never espouse the wrong side of a cause knowingly, and if, unwittingly, you find yourself on the wrong side, leap out of it as quick as you would jump out of a vat of boiling brimstone, should you accidentally fall into one. It is utterly amazing to me how a man can trifle with his own mind; I do not mean, now, his mind considered as a part of his immortal self, but his mind considered as the mere instrument with which he works. If you destroy the celestial temper of that instrument, can you expect ever to restore its keenness again? It is impossi-What would you think of a poor barber who should batter the edge of his razors against flint, as preparatory to shaving? Well, that would be wisdom wisdom ten times distilled—compared with the man who would wear off the edge of his conscience against known error. When we think it so grievous a misfortune to lose the natural eye, how can we be indifferent to blinding the moral eye, without whose light the whole body is full of darkness? To tell a single lie is held dishonorable. What is known sophistry but a series of lies—a procession of them-which the false reasoner marshals and marches to their vile work? I would rather be at the head of Falstaff'ssoldiers, than to have my name go down in the law-books attached to any argument which any fair-minded man could believe to have been insincere.

I well know—for I have often heard what the old lawyers say about its being right to defend a known wrong side. deny it all, and abhor it. If a bad man wants such work done, he shall not have my soul to do it with. I should not like to catch the smallpox, but that would be a tolerable disease, rather than let scoundrel inoculate me with his villainy. Because he has committed violation No. I, shall I commit violation No. 2, to secure him impunity by means of what is called a court of justice, which impunity, of course, is violation No. 3, brought about by the wrongful use of his money and the prostitution of my faculties:

"This above all—to thine own self be true, And it must follow, as the day the night. Thou canst not then be false to any man."

I can never read, nor even think of Lord Brougham's opinion about the duty of an advocate to his client, without recoil and shuddering. It is not merely unworthy of Christianity and civilization; it is unworthy of heathenism.

"An advocate," says he, "by the sacred duty which he owes his client, knows, in the discharge of that office, but one person in the world, that client and none To save that client by all expedient means—to protect that client at all hazards and costs to all others, and, among others, to himself—is the highest and most unquestioned of his duties; and he must not regard the alarm, the suffering, the torment, the destruction which he may bring upon any other. Nay, separating even the duties of a patriot from those of an advocate, and casting them, if need be, to the wind, he must go on, reckless of the consequences, if his fate it should unhappibly be, to involve his country in confusion for his client's protection."

Now, in the first place, it is so plain that a burrowing, blind mole must perceive it, that when an advocate avows such doctrines, to begin with, no man

will be simpleton enough to heed a word that he says. Every man-knows that there is no more truth in him than there is piety in the machine of an East Indian priest which grinds out prayers by the turning of a crank. Then, again, what greater check to wrong-doing could there be than that every wrong-doer should know that he could find no brother wrong-doer to defend him? Suppose a rogue, or cheat, or villain of any dye should go the rounds of all the Inns of Court, or to every lawyer's office in Boston or New York, and, on exposing the demerits of his case, should see every advocate turn away from him in indignation and disgust, would it not be a tenfold heavier sentence than any fine or imprisonment a court could inflict upon Does not the hope of being successfully defended encourage multitudes to offend? If so, then, to borrow the language of the profession itself, is not the profession an accessory before the fact—a particeps criminis in the commission of all such crimes? The successful defense of criminals, whom the defenders have known to be such, and who have afterwards been proved to be such before the whole world, has done much to bring the administration of justice into disrepute. All chicanery not only injures the reputation of the chicaner, but what is a thousand times worse, it injures his own faculties, so that he can no longer defend innocence or denounce guilt as he otherwise could have done.

Perhaps I ought to make a qualifying remark: Every intelligent man, in nine hundred and ninety-nine cases in every thousand, is his own lawyer, and needs no adviser. In ninety-nine of the next hundred cases an intelligent counselor knows what the law is, and, so far as his client is concerned, can stop litigation. In forty-nine of the next fifty cases the highest court has no doubt about the law. and its decisions are unanimous. A small residium remains, about which the courts disagree. In many civil suits, also, it is of great importantce to have an established and uniform rule, but of no apparent consequence which way it is established. So in multitudes of cases, from the different representations which hostile clients make to their respective counsel, each one may undertake the case, believing himself to be on the right side; and, when not convinced in the course of the trial that he is on the wrong side, he may conscientiously leave the decision to the court and jury. And so in criminal cases, if an advocate has reason to suppose that his client has committed an offense, but a different one from that of which he is accused, he may perhaps show the fact to be so; this being, however, the extremest verge to which he can go. There is no civil justification for convicting a man of one offense because he has committed another; as a Connecticut jury, when horse-stealing was a capital offense, and manslaughter punished by imprisonement for life, in order to avoid the greater penalty, in the case of a culprit who was indicted for stealing a horse, is said to have brought him in guilty of manslaughter!

I recollect having once drawn a writ, and after it was entered in court, and became so far matter of record, I had a doubt about the sufficiency of a statement in a single point. I asked a brother lawyer, in confidence, whether he thought the writ to be abateable, or demurrable, on that account. "Why don't you alter it?" he whispered to me, "nobody will ever know it." "But I shall know it myself," was my spontaneous reply. This anecdote, whose egotism, if it has any you will pardon, will explain what I

But it is getting very late, and I really am not well enough to sit up longer; so, with good wishes for you as for a brother—for the I never saw you, nor heard of you before, you are one—I bid you farewell.

HORACE MANN.

LOOKING BACKWARD.

HE.

I loved her once, I wonder why?
I grieved because she answered no;
Without her love I longed to die,
She laughed because I told her so.

I foolishly supposed that she
Was worthy of my love and care,
But heartlessly she laughed at me
And turned and left me greiving there.

SHE.

He loved me once. I wonder why
I had the heart to answer no?
He craved my love; ah, well do I
Recall the day he told me so!
Why was he not content to wait,
Why did he come so soon to woo?
Why don't men start by being great
And then come seeking love—boo-hoo!
—S. E. Kiser, in Chicago Record-Herald.

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Why is it that so many of our young collegians insist on wearing billowy trousers 14 sizes too big for them, coats that are padded to make their shoulders look 4 inches higher and wider than they really are, and headgear that would turn a crocodile's tears to genuine laughter? Is there any necessary connection between weird "togs" and education? We trust not; but college life in our day is running too much to clothes.

KIND WORDS.

"Have you had a kindness shown?
Pass it on.

Twas not given for you alone,—
Pass it on.

Let it travel down the years,
Let it wipe another's tears,
Till in heaven the deed appears,—
Pass it on."

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There's many a trouble
Would break like a bubble
And into the waters of Lethe depart,
Did we not rehearse it,
And tenderly nurse it,
And give it permanent place in the heart.

No one can have a true idea of right until he does it; any genuine reverence for it until he has done it often and with cost; any peace ineffable in it, till he does it always and with alacrity.—J. Martineu.

OUR BOYS AND GIRLS,

HIS TENTH BIRTHDAY.

He has said good-bye to his rocking horse, And the games he used to play; While the house of blocks lies a tumbled heap, He is ten years old to-day!

The soldier of tin, in its suit of blue With trimmings of finest gold, Is behind the door, unnoticed now,-Its owner is ten years old-

The top and drum have lost the charm Which was theirs for many a day, And the wooly sheep give a lonely "Baa" For the boy who has gone away.

His mother sighs as she looks at him, And knows that all earths' gold Can not restore the curls and kilt Of her boy who is ten years old.

The little lad, who sat on her lap And rocked, but yesterday; His feet now touch the floor, of course, For he's ten years old to-day. -B. A. Pitman.

MOTHER'S APRON STRINGS.

When I was a verdant youth, I thought the truly great Were those who had attained, in truth, To man's mature estate. And none my soul so sadly tried, Or spoke such bitter things, As he who said that I was tied To mother's apron-strings.

I loved my mother, yet it seemed That I must break away And find the broader world I dreamed Beyond her presence lay. But I have sighed, and I have cried, O'er all the cruel stings I would have missed had I been tied To mother's apron-strings.

O, happy, trustful girls and boys! The mother's way is best. She leads you mid the fairer joys, Thru paths of peace and rest.

If you would have the safest guide, And drink from sweetest springs, O keep your hearts forever tied To mother's apron-strings. —Youth's Friend.

FRETTING AND GRUMBLING.

"Now, then, children," said a gentleman one day to a company of boys and girls, "I have a rule to give you about fretting and grumbling.

"It is a very short rule, but it is worth your while to remember it. Listen while I tell you what it is, and then try to put it in use:

"Never fret about what you cannot help, because it will do no good; and never fret about a thing you can help, because if you can help it, then do so.

"When you are tempted to grumble about anything, ask yourself, 'Can I help this?' If you can not, then do not fret about it. All children should remember that rule, and begin to use it while they are young.

"Everybody in the world has trials; and the only way to be happy is, not to be wishing for what we can not get, but to be content with what we have (or what we may be able to get."—Home and school Visitor.

A TEMPERANCE LESSON.

John Barleycorn, John Barleycorn, The day that first we met I had a bank account, John, I would I had it yet. Your warmth was so engaging, Your spirit thrilled me thru, I drew out my account, John, And gave it all to yon.

John Barleycorn, John Barleycorn, The day when first we met I had a good, clear eye, John, I would I had it yet.

You've rimmed it round with red, John, Your handiwork it shows, And liberties fantastic You've taken with my nose.

John Barleycorn, John Barleycorn, The day when first we met I had a steady hand, John, I would I had it yet. I was the master then, John, But in the years, somehow, You've put me on my back, John, You are the master now.

—John W. Foley, in Catholic Standard and Times.

MOTHER.

How many buttons are missing today? Noboby knows but mother.

How many playthings are strewn in her way?

Nobody knows but mother.

How many spools and thimbles has she

How many burns on each fat little fist? How many bumps to be cuddled and kissed?

Nobody knows but mother.

How many hats has she hunted today? Nobody knows but mother.

Carelessly hiding themselves in the hay, Nobody knows but mother.

How many handkerchiefs wilfully strayed?

How many ribbons for each little maid? How, for her care, can a mother be

Nobody knows but mother.

How many muddy shoes all in a row? Nobody knows but mother.

How many stockings to darn, do you know?

Nobody knows but mother.

How many little torn aprons to mend? How many hours of toil must she spend?

What is the time when her day's work will end?

Nobody knows but mother.

F. H. Sweet.

A HAPPY THANKSGIVING.

Emr.a Taylor. Pupil in the Fifth Grade at Rigby, Idaho.

A little girl, named Nell Baker, worked in a printing office in a large city. All day long she folded papers. She walked up town every day at the noon hour. She liked to look at the queer things the merchants and butchers had placed in their windows to get the people to trade with them.

In one window was an odd shaped bottle filled with beans, and the person who guessed the nearest the number of beans found in the bottle got a prize. Mr. Bates was the proprietor of the store, and he was going to give away ten turkeys to the people as prizes.

It was a week before Thanksgiving day, and Nell did not eat dinner but wrote a note to Mr. Bates. When she took it up and gave it to him, he said: "What is this?"

'It is a letter for you," said Nell, as she walked out.

Mr. Bates laughed, and said: "I wonder what she wants of me, now."

"Open it and see," said one of the clerks.

Mr. Bates opened it and read as follows:

"Dear Sir:—Please let the happy turkeys live, and use your money to buy shoes and stockings for the poor children in Grant Allev."

Mr. Bates did not think much about it that day, but he kept thinking more and more about it every day, until finally he made up his mind to visit the poor children in Grant Alley. So he went down

He found that they were in great need, some of them not having shoes or stock-

He came back home, and his own happy children ran out to meet him. He felt badly. Tears came in his eyes, and when he went in and told his wife about it, she cried and asked him what could be

The next day he went to see the proprietors of all the butchershops in the city. He told them of the poor children in Grant Alley, and they all thought it would be well to help the poor children.

The night before the prizes were to be given away, a meeting was held in the town hall. The house was crowded. Mr. Bates was the first one to speak. He spoke of the poor children in Grant Alley and told of how much money would be used to buy turkey for Thanksgiving dinners. "Why can we not go without turkeys one Thanksgiving day," he said, "and spend our money on these poor children?"

Then he read Nell's letter. When he read the letter they were very still for a minute; then they became excited.

At last they all said they would let the turkeys live and use their money to buy clothes for the children in Grant Alley. They all felt glad and willing.

"Where's the little girl that started all this?" asked some one in the crowd.

They asked little Nell to come up and speak.

She only said: "I am very glad that you all are willing to give your money for the poor children in Grant Allev."

A great deal of money was raised for them, and the children were very happy and thankful.

And that Thanksgiving day, after the people had eaten their dinners and gathered around their fire places, many of them said: "This seems like a real Thanksgiving day. I feel better than if I had eaten turkey."

KEEP A CLEAN MOUTH.

A distinguished author says: "I resolved, when a child, never to use a word which I could not pronouoce before my mother." He kept his resolution, and became a pure-minded, noble, honored gentleman. His rule and example are worthy of imitation for every boy.

Boys readily learn a class of low, vulgar words and expressions which are never heard in respectable circles. Of course, we can not imagine a decent girl using words she would not utter before her father or teacher or most esteemed friend.

Such vulgarity is thought by some boys to be "smart," the next thing to "swearing," and yet "not so wicked;" but it is a habit which leads to profanity, and fills the mind with evil thoughts. It vulgarizes and degrades the soul, and prepares the way for many of the gross and fearful sins which now corrupt society.—Youth's Instructor.

Suppose the world doesn't please you,
Nor the way some people do;
Do you think the whole creation
Will be altered just for you?
And isn't it, my boy or girl,
The wisest, bravest plan,
Whatsoever comes or doesn't come,
To do the best you can?
—Phoebe Cary.

Work a little, sing a little,
Whistle and be gay;
Read a little, play a little,
Busy every day;
Talk a little, laugh a little,
Don't forget to pray;
Be a bit of merry sunshine,
All the blessed way.

BIRDIE'S FAREWELL.

Fly away, little birds,
It is time that you go,
Cold winter is coming,
With wind and with snow.

Fly, fly, pretty birds,
To the south fly away,
Where the sun and the flowers
Are bright every day.

WISDOM IN WIT.

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The Wife—Heavens, George! The baby has swallowed a horseshoe nail!

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The Husband—Oh, well; don't worry. The doctor said she was all run down, and would have to take iron.—Washington; Life.

The teacher had put the question to her geography class, "Who can name a medicine we get from some tree? Now think, children. The trees grow in Brazil and Peru."

Instantly a half dozen hands went up and one little fellow, who could not wait to be called on, cried:

"Peruna."-Thrasher World.

The Venus of Milo explained what became of her arms.

"I used to hang on the car straps," she said, simply, "and they just wore out."

Corporate greed, fearing an exposure, has long hushed up this mystery of art.— Exchange.

"What is a counter irritant?" asked Mrs. Smithers.

"A counter-irritant," replied Smithers, "is a woman who makes the clerk pull down everything from the shelves for two hours, and then only buys a paper of pins."—Pathfinder.

First Student—Who is your favorite writer?

Second Student—My guardian. He signs all my checks, you know.

ALL IN HIS HANDS.

Eminent Surgeon—I operated on Mr. Bullian for appendicitis today.

His Wife-Dear me! I wonder who

will have it next!

Eminent Surgeon (absent-mindedly)—
I don't know. I haven't decided yet.—
Life.

A PREMIUM CHANTY.

We save pink stamps for a sealskin coat, Buy cakes of soap for a home, A breakfast food to class as "good"

Must offer us trips to Rome.

We quaff soft drinks, for each gives one chance

To win a diamond ring;

Bands round cigars draw touring cars, Providing enough we bring. Blue tickets found in our sacks of flour Count toward a Sheraton chair; A phonograph (how Dana would laugh)

With our News is free as air.

Oh, seven whites are good for a red, And fifty reds for a green;

And greens fifteen, with one-forty-nine, Redeem for a flying machine! —Charles Earl Walters, in Profitable

Advertising.

LITTLE BOY BLUE.

Little Boy Blue, come toot on your horn, The trusts have now gobbled up all of your corn.

They've gobbled your wheat, and they've gobbled your sheep,

When will you awake?

When will you awake? In the sweet by and by?

Then, Little Boy Blue, you'll be hung high and dry.

—The Commoner.

THE CROOKED MAN.

There was a crooked man who worked a crooked scheme,

He sprung a crooked trust while his crooked eyes did gleam.

He bought some crooked laws from a a lot of crooked men,

And made a crooked fortune, but he escaped the pen.

Patient—I can't afford to be sick. Specialist—Is your business so profitable?

Patient-No; yours is.-Judge.

THE CHURCH SOCIABLE.

They carried pie to the parson's house, And scattered the floor with crum:; And marked the leaves of his choicest books With the prints of their greasy thumbs.

They piled his dishes high and thick With a lot of unhealthy cake, While they gobbled the buttered toast and rolls Which the parson's wife did make.

Next day the parson went down on his knees, With his wife, but not to pray; Oh. no; 'twas to scrape the grease and dirt From the carpet and stairs away.

—Boston Traveller.

PREVENTIVE AND DRICE ESC TATES PREVENTIVE AND DRUGLESS MEDICINE reference for the ference for

· HEALTH AND DISEASE.

By Eva M. Gardner, M. D.

It is the general belief that health is natural, and disease unnatural, but nature is just as much concerned in one as in the other. Health and disease are the same thing as far as the vital processes are concerned. The difference between health and disease is simply that in the one the body is working under good conditions, while in the other it is working under bad conditions. It is the working of the same body all the time. The same organs performing or trying to perform the same functions under different condi-

Health has been defined as the "natural and easy exercise of all the functions of the body." It is the condition of structure and function which most completely fills the purpose for which it exists. In other words, health is the perfection of It is an inestimable blessing not quoted in any of the markets, because it is without price; and yet it is not far from every one of us. In fact, it is all about us; the sunlight and air are full of it; and good wholesome food is full of life, and health, and energy. All we have to do is to take it. Some might say, health were as contagious as disease, I would take it." Health is far more contagious than disease. It is far more difficult to catch disease than it is health; for instance, if you desire to contract smallpox you must hunt up another man suffering with that particular malady, and be exposed to the disease in order to get the contagion. And this is true with all diseases. You say, "I caught cold," and that is true, because you did actually catch cold; the cold did not catch you.

Health is all about us and all we have to do is to take it and if we do not know how to take it then that is one thing which we need to learn. God has endowed man with a free will and with a measure of

power, and if he uses that free will and that power in harmony with God's will he has health and happiness; (one way to get health, then, is to place our wills in harmony with God's will;) but if he uses them against the divine order and his own well-being, he brings upon himself unhappiness, distress and misery. It is not an arbitrary punishment; it is simply the necessary result of wrong-doing. When a man goes too near the edge of a precipice and falls over it and is stroyed, he suffers the result of his own act. No one pushed him off; he went over the precipice himself and suffered the consequences. So if a man violates the laws of health, and suffers, nobody punshes him, he suffers the necessary consequences of his own sins.

Disease is a condition of the body brought about by the transgression of the laws of health. It is not, in itself, an evil, but the legitimate result of a certain course of action and in its corrective tendencies a blessing. The Bible says the transgression of the law of health is physical sin. But is that disease,? No, disease is not the transgression, but the effect produced by the transgression. The law of cause and effect holds good here. The cause was wrong, the effect, the disease, is right. Then we need not feel sorry that we are sick, for that is only the effect, but what we need to be sorry for is that we are violating some of the laws of our being which results in sickness.

If we are sick, it is because God is trying to do something for us that we can not do for ourselves, and that is to make "all things work together for our good." If we are suffering pain it is because we are doing something that will destroy us if we persist in our course. Pain is something that tells us not to go any farther on the wrong road, but to turn back into the way of health and happiness. Pain and disease, therefore, are not unfriendly visitants; they are the means which God

has instituted to lead us back into the right road. To illustrate: A man'is sick at the stomach. What does the nausea indicate? That there is something wrong in the man's stomach. By and by he vomits. Why does he vomit? To get something off his stomach that does not belong there. He has eaten something that is unfit for use in the system, and must be gotten rid of. Again: When the stomach fails to digest indigestible things and the owner suffers pain in consequence he says, "Oh, this terrible stomach! How it hurts me." This is a mistake; he is laying a crime against the wrong individual. His tomach does not hurt him; he hurts his stomach by putting wrong things in o it. The stomach was trying to make things right and because some nervous irritability was manifested, he complains of it.

Prof. Liebig well savs, "Drugs do but cure one disease by producing another." So we must not look to medicine for health; we must not look to mineral springs for health; we must not look to doctors for health; but we must look for health to the same power that causes the trees to bring out bud and leaf and blossom in the spring. And that power works thru natural agencies. The same power that makes the flowers bloom in the garden is capable of making the roses bloom in our cheeks. I believe there is not one who might not have at least a fair share of health by proper attention to the laws of health and the use of nature's simple remedies. If we would have health, we must co-operate with healthgiving power; we must comply with the laws of life; we must breathe pure air; we must eat pure food; we must drink pure water; we must do those things which make for life and health.

REACTION AGAINST SERUM THERAPY,

From time to time we read flaring announcements in the newspapers of the discovery of some new serum to cure consumption, smallpox or cancer. Glowing accounts are given of the revolution these

serums are to work in the treatment of such diseases. This is the last we ever hear of them. Injections practiced for the cure of hydrophobia, according to the method of Pasteur, have not given satisfaction. His theory is being disproved all the time.

In fact, a strong reaction has set in against the serum treatment of disease, not only here in America, but in Germany, the birthplace of this fad. A revival of interest in drug action is manifest everywhere A glance thru our exchanges shows that close attention is being paid to therapeutics. Many admirable articles on materia medica have been published during the past year which must prove of inestimable value to the profession, as they are based upon careful observation and actual experience rather than researches among authorities.

Doctors are learning to accomplish more by means of hygiene, diet, exercise and similar agencies, so that along with a more precise knowledge of the use of medicines, they are able to get along with less drugging. We are gradually coming to know more about the uses of electricity, baths, etc., all of which are healthy symptoms of the existing status of medicine, and a promise of better things for the future.

It is a source of congratulation that the profession is turning away from the degenractive tendencies involved in serum therapy, which at one time threatened the integrity of medical science, and is aiming at progress in more normal directions. In other words, the profession is doing more thinking, and, as a consequence, is not so easily carried away by fads. A continuance along these lines will enable medicine to make progress as fast as surgery.—Editorial in Medical Brief.

SERUMS.

By W. N. Mundy, M. D., Forest, O. Our attention has been directed toward the serums most forcibly by the reason of a rather unpleasant experience with the anti-diphtheria serum. Two thousand units of a standard preparation were injected in a bad case of diphtheria. Re-

sult, a pulse of 130 dropped to 60 in less than six hours, notwithstanding the energetic use of alcoholic stimulants. Result, death from cardiac paralysis in fortyeight hours.

It is hard to convince one that a remedy capable of producing such an effect is not a dangerous one. When we think of the methods of its productions and the processes of reasoning which lead to its production, we can perceive but little advancement between these products and some of the mysterious mixtures or mysticisms of the ancients. * * * Verily, modern medicine is becoming a grave mystery. It smatters largely of the mysterious and of the black art.—Eclectic Medical Journal.

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ERRONEOUS NOTIONS ABOUT FRUITS.—There are many popular but unfounded prejudices against the dietetic use of fruits. It is generally supposed, for example, that fruits are conducive to bowel disorders, and that they are especially prone to indigestion if taken at the last meal. The truth is the very opposite of these notions. An exclusive diet of fruit is one of the best known remedies for chronic bowel disorders.—Eclectic Medical Journal.

KING OR A SLAVE. I pity the man who hasn't resources within himself-so that nothing external can seriously disturb him and render him unhappy and discontented. A man should so live that were the inmost thoughts of his soul revealed to the world he would have no reason to blush—for there would be disclosed no insincerity, hatred, envy, suspicion, ill-nature or injustice. a nature would be above the reach of injury and above the reach of gossip and malice of ordinary mortals. With a philosophic mind he would accept and welcome success and adversity with equal equanimity. He would be undisturbed by the comments, actions or opinions of others, for after all every one's good opinion is not worth having. Many people who criticize us are not able even to

please themselves, so how can we hope to please them! Keep your dignity pure and be true to the best of yourself. Fear nothing and desire nothing to such an extent that you would be unhappy if you were denied your wishes, but live up to the best in your nature, and be satisfied with your lot. Be honest and just, and then if the whole world doubt your integrity or question your character, you need not be disturbed.

Such a man is a king and not a slave to public opinion. But you question if it is possible for any of us weak mortals to rise to such Kingship. Most assuredly it is. We are all of us possessed of great souls with marvelous possibilities, and by constant effort we can one by one throw off the fetters of the slave. We can stifle our passions, overcome our weaknesses, and master opposing elements within us. Every time we surrender to a wrong appetite, flee at opposition, or fall prestrate before any condition, environment or failure we are slaves. We owe a debt to ourselves and if we cannot pay it all at once we can pay it on the installment plan. No man is so poor in his nature that he cannot begin to pay for what he wanis, and begin now. No man can make a great character of himself at once, but you can begin to build this moment, and persist with patience and determination until you stand a King among men. Live today according to your highest conception of life. Do not regret the failures of yesterday or worry about tomorrow, but live today as if it were your last day on earth. Strengthen the weak points of your nature from moment to moment as you discover them, and then each moment will be a victory and, ultimately you will be recognized as a King—and, what is of more importance to you, you will be a King, and not a Slave.—How to Live.

A drunken congressman once said to Abraham Lincoln: "I am a self-made man." "Then, sir," responded Honest Abe, "that relieves the Almighty of an awful responsibility."—Travel.

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stituting this course.

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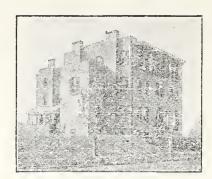
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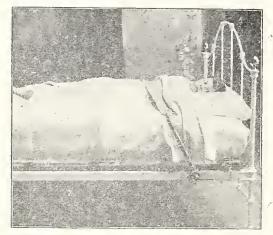


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tive . gans. In liver affections, obstinate const sation, and headaches of long standing, * well as kidney disease in its earlier stage they succeed in curing when other meth is have failed. The hygienic treatment 's applicable to every known disease. Patie ts received into our Home. Send for circular. Drs. S. W. and Mary Dodds.

THE NEW ERA BED-COVER HOLDER is the most successful device that ever was made for holding the bedclothes on children who are in the habit of uncovering themselves at night. Those

-0-



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THE CHARACTER BUILDER

A JOURNAL OF HUMAN CULTURE AND HYGEIO-THERAPY.

Old Series Vol. 17, No. 12.

DECEMBER, 1904.

New Series Vol. 5, No. 8.

EDITORIAL.

The Character Builder uses the reformed spelling recommended by the National Educational Association.

SEVENTEEN VOLUMES COM-PLETED.

For seventeen years the Character Builder and its predecessors have gone out each month with a message of truth and life. Our magazine now goes to all parts of the world where the English language is spoken. There has been a steady growth in the Character Builder, and each year it is receiving the co-operation of a greater number of intelligent citizens. As the magazine is free from sectarian and partisan influences, people of all parties and creeds can unite in this work for better citizenship, and for more complete development of the race physically, socially, intellectually, morally, and spiritually.

We are now sending out about 60,000 copies of the Character Builder a year, besides several thousand books on human culture. We are de ermined to greatly increase this number, bacause every home needs such publications and many are without them. As long as vice, crime, pauperism, disease and other personal and social defects are as common as they are today, there will be great need for the Character Builder and our other publications.

The burden of the work has thus far been upon a few impoverished brainworkers, who depend upon their work for their daily bread, but a number of intelligent men and women who see the need of such a work have given it their support by purchasing one, two or more shares of stock, for which they will receive full value if they have the reading habit. We invite others to join and thus

aid in making the work more effective. Twenty dollars will purchase two shares of stock and will give a life subscription to the magazine, besides a life membership in the Human Culture agency, which saves its members money on good books and magazines. Everybody is invited to co-operate in this work of human culture.

EVILS OF WAR.

An overwhelming sentiment against war is developing in all parts of the civilized world. This sentiment is pronounced among men who know the horrors of war. At the recent Peace meeting held at Barratt Hall, Salt Lake City, Major Richard W. Young was introduced by Governor Wells, and said, among other things:

"It is rather strange for the committee to offer a fighting man to their mildeyed goddess of peace. In view of which I may have prepared a terrible revenge.

"I might say that I believe war is necessary for the strength of a ration, but I do not believe this. It is the spirit of a nation which makes it great in war or in peace.

"War wastes the land. It weeks a departure of loved ones; it means the mant facture of weapons; it means the transfer of the idle to werse than idleness; it means sending the pure to vice; it means sickness, exposure, the roar and crash of shells, the crippled frame, the depletion of the manhood of the land, the making of widows and orphans, and the giving rein to the savage impulses of man's nature, the debauching and ruining of the innocent, the breaking of homes.

"There are societies to project the weak from the strong; there are societies

to protect the infant's rights from the adult, but this is not the case with nations.

"The war purely for conquest is rare now. Napoleon is the only monstrous incarnation of war in our time. Since the Ammonites came with their doctrine of 'An eye for an eye and a tooth for a tooth,' 'there has been a change to the doctrine of Christ, 'Love thine enemy' as thyself.'

"I believe the problem of peace among nations is to be solved by religion and education. The answer is education, and

education, and still education.

"The press has a tremendous power in this. Rulers speak principally thru the press. Newspaper may inflame the people's minds to passion. Could not these things be expressed in less inflammable terms?"

The recent Peace Congress, held at Boston, was attended by eminent men from all civilized countries. Here are a few extracts from the speeches made there.

Monsieur Schaic, Hague representative and senator of Belgium, said: "Those who know war are not those who make war. They sit quietly at home who send others to be crushed and maimed on the battlefields, and who spend the money which they themselves do not pay. They know nothing of the miseries they entail on others. Here in America forty-five states exist in unity. How long will it be before the states of Europe may do the same? How long before the people shall say to their rulers: "Stop your wars and your armaments—we want men to walk in peace together?"

The delegate from Norway said: "It has been said that great armies prepare the way for peace, but that is one of the lies that has blinded the old world. They are obstacles to peace. You have proved that it is not the greatest nations that

gain the victory."

A. B. Farquhar, LL.D., of York, Pennsylvania, said: "Benjamin Franklin summed up the matter when he declared that 'there never was a good war nor a bad peace.' The worst of the evils

of war is the infernal legacy of hatred and vengence to which there is no end. In these very days we see the progressive embitterment of warfare exemplified at Port Arthur. When the siege began there were kind offices between the foes—care for the wounded, etc. Now, if report be true, the contest has made them demons—flags of truce violated, the dead left unburied, the wounded left to die uncared for."

General Miles said: "The settlement international controversies by the dread arbitration of war involves the destruction of tens of thousands, and sometimes hundreds of thousands, of the young men of both countries. . . . To illustrate what has been the sacrifice to the demon of carnage, it is estimated that the wars to gratify the ambition of Bonaparte cost Europe five million lives and the devastation of many countries. In our great civil war more than one million five hundred thousand young men enlisted before they were twenty-one years of age, many leaving home for the first time never to return. More than half a million of the very flower of America's young manhood went to untimely graves in that terrible conflictthat was a loss to the nation that never can be regained."

The leaven is working, and the present indications are that a more humane method of settling international difficulties will soon take the place of brutal wars.

TRUTH VINDICATED.

The St. Louis Medical and Surgical Journal of November, 1904, contains an article on the "History of Cerebral Localization," by Charles K. Mills, M. D., of Philadelphia, from which we quote the following:

"The initiation of the modern era in cerebral localization should be attributed to two men of notably different characteristics, Francis Joseph Gall and Sir Charles Bell. Some might be inclined to dispute this assertion in so far as it relates to Gall. . . altho he indicated, with

data drawn from clinicopathology as well as from his supposed correlation of the faculty of language to a portion of the skull, the position of the speech center, later fixed with more scienticfic precision by Broca.

"Before the time of Gall and Bell, views regarding the localization of faculties in the brain were always hazy and sometimes extraordinary. The general tendency of the ancients and of the writers and teachers up to a comparatively modern period, was to give to the spaces of the brain, to its chambers and corridors, first importance in the localization of its functions or controlling agencies. This was largely due to prevailing metaphysical and theological views. Hippocrates placed the seat of the mind in the left ventricle. Erasistratus believed that air, after undergoing elaboration in the lungs and heart, was converted in the ventricles of the brain into animal spirits which pervaded and controlled the body; and Servetus, in the sixteenth century, taught that the choroid plexus secreted the animal spirits, that the fourth ventricle was the seat of memory, and that the soul dwelt in the sylvian aqueduct. When the philosophers began to assign the seat of mental or spiritual attributes to the solid portions of the brain they still showed their transcendental tendencies, as when Descartes in the seventeenth century assigned the soul to the pineal gland. Bruno in the sixteenth century taught that the soul had its seat wherever there was a sensation. comparatively recent period, from which we have not entirely escaped, the brain has been regarded by many as a single organ, one which acts as a whole; also until a period which only briefly antedated the discoveries of Fritsch and Hitzig and of Ferrier, the microcosm theory of cerebral functions, the doctrine that in each part of the brain resided the functions of the entire mass, largely prevailed."

Dr. Mills read the paper from which the above is quoted, before the Philadelphia County Medical Society, May 25, 1904, and contributed other papers on the same subject. It is encouraging to friends of truth and justice to see orthodox writers give due credit to Dr. Gall for the important service he rendered humanity in discovering the only correct analysis of the mind and in associating the various mental powers with the brain centers thru which they operate. The discoveries of Dr. Gall and his successors are the birthright of every child, and the time must soon come when every school will give its pupils this birthright.

PEDANTRY.

It is very encouraging to have authorities on a subject express an opinion in harmony with the views that one has long held concerning that subject. Many persons believe that there is much pedantry in current medical study and practice. In the Dietetic and Hygienic Gazette of November, 1904, the following belief is expressed:

"In a professional sense, we see a great many physicians who waste both time and money in acquiring knowledge that is practically worthless when they get it. It may consist of solid facts and perfectly logical conclusions, but it has no practical, artistic. or even sentimental relation to anything on earth or in the heavens. Its acquirement may be called learning, but since it avails nobody anything, it must be set down as learning in the wrong place.

"In all the sciences there are hunderds of established facts that are possibly in a faint degree curious, but are so utterly useless when hunted down that every moment of time spent in acquiring them is worse than wasted. It is this kind of professional learning that may be called professional pedantry."

If the Dietetic and Hygienic Gazette or some other medical journal will state specifically where that waste of time is and how it can be remedied a real service will have been rendered and humanity will be indebted to the person or magazine rendering such service.

BROWN'S EXAMPLE.

"There," said Brown, with a shake of his head. "I've painted the house and the barn and the shed!

The fence has been fixed, the lawn's been

mowed,

But I do wish the town would fix up that road, It's a shame, I call it, just plain and flat, That we have to drive over roads like that! I'll wait no longer, I'll start today And fix my part of it anyway."

Now Brown was one of those fellows who, When they start a thing just 'rush it thru, When they start a thing just 'rush it thru, And a week or two after, as Neighbor Jones Was driving home with his pair of roans, Brown's road was dry, while his own, next door, Was mud to the depth of a foot or more. "Look here," said Jones, "I'll let Brown see That I can build roads as well as he!"

Now Neighbor Smith, who lives below, Saw Jones repairing his road, and so He fixed up his to be 'in the game,' And Neighbor Robinson did the same. And soon every householder in the town Was trying his best to "beat out Brown," And now, when the town committee meets To talk of roads, they call them "streets."

The moral this tale to the reader brings, Applies to roads and other things. Reforms, like snowballs, will keep on growing If somebody only sets them going. -Farmer's Voice.

-0-ABOU BEN ADHEM AND THE ANGEL.

Abou Ben Adhem (may his tribe increase) Abou Ben Adnem (may his tribe increase)
Awoke one night from a deep dream of peace,
And saw within the moonlight in his room,
Making it rich, and like a lily in bloom,
An angel writing in a book of gola:—
Exceeding peace had made Ben Adhem bold,
And to the presence in the room he said,
"What writest thou?"—the vision raised his head,

And with the look made of all sweet accord. Answered. "The names of those who love the Answered. Lord.''

"And is mine one?" said Abou. "Nay, not so," Replied the angel. Abou spoke more low, But cheerily still, and said, "I pray thee, then, Write me as one that loves his fellow-men." The angel wrote and vanish'd. The next night It came again with a great awakening light. And shew'd the names whom love of God had blessed.

And lo! Ben Adhem's name led all the rest.

---0-TWELVE LIBERAL OFFERS.

In order to encourage all delinquent subscribers to renew before the new year we are making some extremely liberal combination offers in this issue. In some of them the price is reduced more than one-half. Any subscriber may take advantage of these offers. There are excellent Christmas presents among them. You need the books and magazines; we need the money. We urge all delinquents to renew before New Year, as the Character Builder needs every dollar that is due it. Beginning January, 1905, the rule of paying in advance must be strictly enforced in justice to all.

 $\neg 0$ This world would be a dreafully silent place if people talked as little as they think.

BOOKS RECEIVED.

PRACTICAL DIETETICS.—With reference to diet in disease, 311 pages, published by the author, Alida Frances Pattee, 52 West 39th Street, New York City, price \$1.50.

In this book the author treats of food; its object, food Values and classifications, nourishment in acute diseases, feeding the sick, diet in infancy and gives practical suggestions for the nurse in the sick room, besides giving numerous recipes. The author is a trained nurse and has had much experience in the sick room. Many practical suggestions on the care and feeding of the sick are contained in the book, but some authorities on foods and dietetics do not agree with the author in the kinds of food selected for the sick. This question is receiving much careful study and research at present and before long there may be a greater unity of faith, if not knowledge, on When these questions. people become more ideal in their diet during health there will not be so much disease and they will be prepared for a more rational diet when they are ill. If that time comes during the life of the author of this book the diet recom-mended may be modified. –O-

THE BRAIN BOOK AND HOW TO READ IT.—Being an exposition of phrenology in theory and practice, 520 pages, by H. C. Donovan, published by Jarrold & Sons, 10 and 11 Warwick Lane, E. C., London, England.

This book is different from any other book that has been written on the subject. It presents the art of reading character, from physical measurements, in a dignified and logical manner that will demand the respect and attention of all students mind. The author of it is a son of the eminent Dr. Donovan, who wrote several volumes on the science and art of character study. If every parent and teacher in the world would study this book carefully and observe its teachings, our boys and girls would be trained in a more intelligent manner than at present. During the last ten years a number of helpful books on phrenology have been published by such eminent authors as Alfred Russell Wallace. W. Mattieu Williams, Dr. Hollander, Miss Fowler. Prof. Vaught and now this one by Mr. Donovan. It really appears that phrenology will soon be given its true position as the most useful of all the sciences.

If your subscription has expired you are earnestly solicited to renew immediately. We desire your co-operation to increase theinfluence of the Character Builder, and your dollar is very much needed to continue the good work. Send it immediately.

GHARAGTER BUILDER SUPPL'T Ring out the old!!! Ring in the new!!!!!

ANOTHER YEAR HAS GONE. WE CANNOT CHANGE THE PAST BUT THE FUTURE IS IN OUR HANDS. AS WE ENTER UPON THE NEW YEAR EACH ONE SHOULD ASK HIMSELF "WHAT AM I DOING TO IMPROVE MYSELF AND OTHERS"?

HUMANITY NEEDS YOUR BEST EFFORT.THE CAUSES OF DISEASE, VICE, CRIME, POVERTY MUST VAN-ISH. YOU CAN HELP ABOLISH THEM

We are doing all we can for the work, and thank you for helping to send out 60,000 CHARACTER BUILD: ERS IN 1904. Will you help increase this number in 1605 by sending your dollar when your SUBSCRIPT. ON expires. The cause needs YOUR SUPPORT NOW!

If you will send us the names of ten persons to whom we can send a CHARACTER BUILDER, TEN copies will go to them, if you will send 25 cents to help send them. \$1 SPENT IN THIS WORK MEANS \$1 DEVOTED TO HUMANITY'S CAUSE.

MAY THE NEW YEAR BRING HAPPINESS TO ALL!!

DEAR READER:

DEAR READER:

Are you helping to fight the battles of humanity that will result in a more perfect manhood and womanhood, by removing the causes of vice, crime, disease, poverty and other abnormal social conditions that destroy personal happiness and retard the progress of true civilization? It is unpardonable to permit social evils to continue when the causes that produce them can be removed. Is there a pure moral atmosphere in your community that will cause the youth to grow up with put minds and strong bodies? The more perfect life must come thru better obedience to the laws of heredity and thru proper training in the principles that govern the normal development of mind and body. Here is an opportunity to help in such a work. a work.

For ten years the promoters of the Character Builder have labored unceasingly in be..alf of social purity and health culture. In order to make the work more effective the Human Culmake the work more effective the Human Culture company was organized and the Character Builder established. It is now in its fifth year. One year ago it was consolidated with the Journal of Hygeio-Therapy, a megazine devoted to preventive and drugless medicine, which was published for seventeen years at Kokomo, Indiana, by Dr. Gifford and his associates.

Two years ago the circulation of the Character of the Ch

Two years ago the circulation of the Character Builder was 4,500 per issue. It has continued to grow, reaching 6,200 copies per issue. The work done by the magnzine has the approval of all sects and parties and is endorsed by progressive educators. The following testimonials are selected from a great number that have come to us, and indicate that there is a need for the work we are doing:

"I read the Character Builder with pleasure. If merit deserves to win the Character Builder

"I read the Character Builder with pleasure. If merit deserves to win, the Character Builder should live to old age."—N. L. Nelson, Prof. of English, B. Y. University, Provo, Utah, and author of "Preaching and Public Speaking."

'I like the Character Builder very much. It supplies a want in our common school curriculum which I have felt for years. Success to the Character Builder."—A. L. Larson, County Superintendent of Schools, Ephraim. Utah.
"I congratulate you

"I congratulate you on the appearance of your neat little journal, and wish you every success in your worthy undertaking."—Ida S. Dusenberry, Director of Kindergarten Training School, B. Y. University, Provo. Utah.

'I am very much interested in the Character Builder. It is an excellent magazine."—W. L. Secor, Dean of the College of Sciences, Ruskin University.

University.

'I read the last number of the Character Builder and enjoyed it. You are doing a good work."—Editor "Human Culture." Chicago.

work."—Editor "Human Culture." Chicago.
"One of the most earnest, honest, uplifting, soul-inspiring publications that comes to our exchange table is the Character Builder, published monthly by the Human Culture Co., John T. Miller, D. Sc., editor. 334 South Ninth East street. Salt Lake City. Utah. You cannot read a number of it without making new resolves. Its teaching thru and thru is for right and justice, unselfishness and education. The character Builder is one of the brightest and cleanest and purest magazines with which we are familiar. Your boys and girls need it,"—Editor "Eclectic Medical Gleaner," Cincinnati,

Ohio.

Besides publishing the Character Builder, the Human Culture company has issued 10.000 copies of "A Plain Talk to Boys." by Dr. N. N. Riddell, and 12.000 copies of "Child Culture," by Dr. Riddell, and 'Educational Problems," by Dr. J. T. Miller. Thousands of these books have been distributed and are creating great interest in the subjects treated. There is need for other books on these and kindred subjects. The work has been carried thus far by persons who depend upon their daily labor for the necessaries of life and have made a great effort to establish this humanitarian educational work. In order to give others, who are interested in such a work, an opportunity to co-operate in it, the Human Culture company was incorporated for \$10.000, and the stock divided into 1,000 shares of \$10 each. One share of stock gives the pur-

chaser a membership for life in the company and entitles him to purchase books and subscribe for magazines thru the Agency at reduced rates; he also receives the Character Bunder at half price. Two shares of stock entitle the holder to all the above and a free subscription to the Character Builder for life.

There are already about fifty members in the company. Among them is a state superintendent of public instruction, a city superintendent of school, several principals of academies and normal training schools, county superintendents of schools, physicians, merchants, attorneys and others who are interested in true education. chaser a membership for life in the company

others who are interested in true education.

As there is no teachers' agency in the Intermountain region, the Character Builder's Educational Exchange has been established to aid competent teachers in finding good positions and to aid school officers in finding suitable teachers teachers

The Human Culture Lecture Bureau will be established in order to provide lectures for the cities and towns of the Intermountain region on the various branches of numan

science, at a minimum cost.

In order to bring the various branches of the science of correct living within the reach of all, the Human Culture College is being established to provide resider, and correspondence courses in the following branches: Physical adjustion, the principles of expression, anatomy established to provide resider, and correspondence courses in the following branches: Physical education, the principles of expression, anatomy, physiology, hygiene, sanitary science, household economics, hygiene for men, hygiene for women, heredity, dietetics, scientific cookery, the various branches of home and professional nursing, scientific phrenelogy, physiognomy, temperaments, the science of mind applied to teaching, civics, ethics, economics, sociology, and kindred studies. Students may begin take work at any time and go as rapidly as time and ability will permit. Beginning June 5, 1905, and continuing twelve weeks, a summer school, offering instruction especially adapted to the needs of teachers, will be he'd in Salt Lake City. The services of a number of specialists have already been secured for the work.

In order to make this effort as popular as it deserves to be, we need the co-operation of all who are interested in self-culture and social improvement. This work has been established for the good it will do, and all the money paid in will be used to increase the usefulness of the effort. There are several ways in which you can help the work along. Here are a few of them:

can help the work along. Here are a few of

them:

1. If you are not already a subscriber to the 1. If you are not already a subscriber to the Character Builder, send \$1 for a year's subscription. or 60 cents for "Child Culture" and 'A Plain Talk to Boys," or \$1.25 for the three.

2. If you are not a stockholder in the Human Culture company, you should purchase one or two shares of stock.

3. If you are a teacher and need the services of an agency, you should register in the Character Builder's Educational Exchange.

4. If you are a school officer and need a good teacher, write us and we will help you find one. Our services are free to you.

5. If you have anything that will benefit humanity, advertise it in the Character Builder.

Builder.

6. If you desire to live more completely and help others to improve you can help the work and we can help you if you will pursue some of the courses offered by the Human Culture College. If you will send 40 new subscriptions to the Character Builder you can secure for your work a \$20 course of studies with all the required text-books.

your work a \$20 course of studies with all the required text-books.

7. If you are a reader of the Character Builder and like it you can help the work by recommending it to your friends and securing their co-operation.

If you finally reach the conclusion that were

If you finally reach the conclusion that you cannot at present purchase stock or aid in some of the other ways mentioned, you can at least send \$1 for a year's subscription to the Character Builder: it is full of thoughts and suggestions on physical, social, intellectual, moral and spritual improvement, that are helpful to everywhody ful to everybody.

Address: The Human Culture Co., 334 South
Ninth East Street, Salt Lake City, Utah.

Character Study Department,

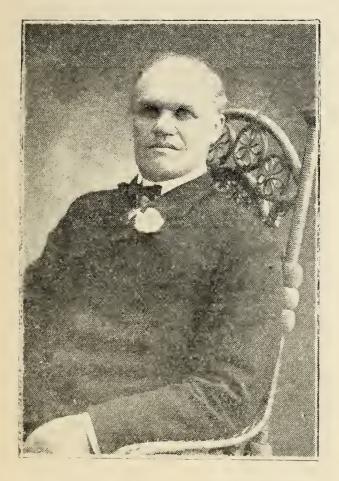
EDITED BY N. Y. SCHOFIELD, F. A. I P.

"I look upon Phrenology as the guide of philosophy, and the handmaid of Christianity. Whoever disseminates true Phrenology is a public benefactor."—Horace Mann. "By universal consent Horace Mann is the educator of the nineteenth century."—E. A. Winship, Ph. D., editor of the Journal of Education"

PROFESSOR EVAN STEPHENS.

By N. Y. Schofield, F. A. I. P.

At the Grand Union depot, St. Louis, there is provided for the accommodation of travelers a bureau of information. The man who presides in this office may be called a living directory. He is at the mercy of the public, and is daily required to an-



swer several hundred questions from as many different people. To one who is not familiar with the secret, the amount of information this man seems to have at his command is simply astonishing. He knows the name of nearly every street in that large city, all the main hotels, every notable building, thoroly understands the car service, and to note the readines and facility with which he replies to the varied enquiries of strangers, one would suppose he had made a special study of each one. The writer learned upon inquiry that he scarcely ever

failed to answer correctly, and instantly every question that legitimately came under the scope of his duties, and it is safe to say there are not half a dozen men in the whole of St. Louis who could take his place and perform the work so thoroly.

The reason for his wonderful ability in this direction is at once apparent to the student of human nature, and we shall have occasion to refer to it again.

In commencing his phrenograph of Professor Evan Stephens, the writer's first impulse was to compare him to the noted Indian chief, Blackhawk, on account of a certain peculiarity this old warrior presented; but upon second thought, this odious comparison was instantly dismissed, and after silently apologizing for even entertaining the thought he at once thought of this gentleman in St. Louis.

By taking a side view of Professor Stephens, it will be noticed the forehead appears to retreat gradually, from the eyes backwards.

This is due to the unusual prominence of the perspective faculties, or that portion of the brain resting on the supra-orbital plate immediately above the eyes. It is in cases like this where the novice is led astray, and where unwarranted deductions are very apt to be drawn by those who are unfamiliar with the science of measuring brain power by the length of the medullary fibers radiating from a given center.

Those who suppose that because a person's forehead appears to slaut from the eyes up to the crown, that therefore they must necessarily be deficient in the reflective region, make a serious mistake. That they will be relatively deficient is granted, but frequently, as in the present case, this "slope" does not point to any defect, but rather to the immense development of those organs located around the superciliary ridge. There are many who would be credited with having a good, if not a handsome forehead, providing they were minus that wonderful development of the perceptive group.

Tho we can readily concede for Professor Stevens the "eagle eye," yet we do not claim for him that "massive brain" that the sheriff of Nottingham is reputed to possess. It is, however, above the average in size, and the quality of the organization is good.

There are many evidences here of refinement, and the contour of the brain indicates genius.

Those whose heads are evenly balanced all round, and whose temperaments are proportionately blended will be fairly good in whatever direction they may turn their tal-They are likely to meet with ordinary success in whatever they undertake, but unless their brain is very large and of good quality besides being nicely balanced, their chances of ever becoming really famous are very remote. Now in the case of Professor Stephens, nature never intended that he should succeed in anything and everything. There are a hundred or more directions in which he would meet with nothing only dire failure. He is a specialist. He has the head of an expert, the peculiar formation of brain that always indicates genius, and it is interesting to study in what direction this genius will be manifested.

The development of those faculties found at the lower part of the forehead already alluded to, and so conspicuously developed in our present subject, are indications of a knowing and practical mind. They are faculties that pertain to the material world; that connect mankind with things and conditions as they actually exist. We know that a man of this stamp, if educated, will not be remarkable for his literary attainments so much as for his scientific ability.

They are the faculties that give one a true and reliable estimate of form, size, weight, locality, time, color and a strong retentive memory. They act as a pilot to the rest of the brain, and hence we expect to find in Professor Stephens a man who will work on a sure, firm basis, in all the affairs of life. He is not a theorizer, a dreamer or philosopher.

If he were the captain of a vessel, his splendid locality would impart an intuitive conception of latitude and longiture and independent of the compass, could turn the bow of his vessel towards the objective point, and his keen, vigilant eye would always be on the lookout for breakers ahead.

He knows the value of an apportunity, and frequently tact will succeed where talent would wail.

In case of danger, he would never trust wholly to providence; he believes the Lord helps those who help themselves, and would be sure his rifle was loaded before he said prayers.

If he were a chemist and inquiry were made for some drug seldom called for, he could go deliberately and lay hold of the identical bottle without having to study whether it was in stock or not, and then, reading the labels on a hundred other bottles before finding it.

What he has once seen he remembers, his eyes photograph whatever passes before them, and he can often tell what is being done even behind his back. He sees things that are very distant or very near, and yet all this is done without any apparent effort on his part and giving no occasion for suspicion on the part of others.

It is these faculties, developed to an abnormal extent, that so eminently qualify the man in the St. Louis depot for the peculiar duties of his office.

The perceptive region of the brain is so large that the casual observer would imagine he was deformed and marvel that any one person could possibly gather, retain, arrange and utilize such an abundance of secular facts and have them ready for instant use.

Professor Stephens has the same qualities, tho not to such a marked degree. There are a few doctors (not many nowadays, however), who argue that these organs may appear large when in reality it is unusual development of the frontal sinuses. They forget that the temperament and other considerations indicate very accurately the extent of these divisions between the walls of the skull, and in pronouncing the perceptive group as being large in Professor Stephens, it is after having made due allowance for this anatomical condition in his case.

The organs that preside over a sense of time and tune, so essential to a musician, are also located in this group, hence it will occasion no surprise to find in Professor Stephens a musician and a master of unusual ability, and as the leader of one of the largest, one of the best and most famous choirs in the world, he is justly entitled to rank with the shining lights of the age in his own special line.

Altho the musical organs of time and tune are very necessary to excel in this art, yet they do not of themselves constitute the musician. Spiritually, ideality and sublimity cut an important figure. These are the elevating and refining sentiments and without them there can be no soul, no feeling, no sympathy, or pathos in music—nothing but a cold, parrot-like throat production.

Professor Stephens is well endowed with ideality and sublimity, but spirituality, like all the religious faculties, is not quite up to par.

The musician, artist and poet are very much alike in organization and temperament. That which gives a taste for one will show an appreciation for the other, and Professor Stephens will delight in whatever is grand in nature, beautiful in art or ideal in poetry just as he will enjoy harmony in music. He has an aesthetic nature, is attracted by whatever is refined, and repulsed by whatever is coarse. He is the reverse of

what we understand by the term "rough and ready." He wants his work and desires to see that of others cleverly executed and artistically finished. The "slip-shod" fashion is abhorrent to his ideality, and a work of art, or a work of any kind that is clumsily done will rasp his sensitive feelings just as his teeth are set on edge by a discordant sound in music. He has high ideals and is not satisfied with anything that falls short of their attainment.

Time and tune being exceedingly large, as is shown by the prominence of the lower forehead a little upward and outward from the eyes, he is therefore admirably suited to both execute and teach. Because a man can produce and appreciate melody, this does not quality him for a teacher, as some excellent singers and instrumentalists are but inferior instructors. The successful teacher must not only thoroly understand his profession, but must understand to some extent at least those who are to be taught. ability to do this marks the successful teacher, and it is a gift not enjoyed by everyone however expert and proficient he may be in other respects.

He has an intuitive comprehension of those peculiar difficulties that different pupils have to encounter and overcome, and is, therefore, able to impart appropriate advice.

As an instructor and leader, his greatest fault is a lack of dignity. He is woefully deficient in self-esteem and were it not for his conscientiousness approbativeness and combativeness coming to the rescue, it would require "all the king's horses and all the king's men" to drag him to the front. He is altogether too humble and too willing to discount himself in the opinion of others. If he should attempt to address a congregation, his first impulse would be to apologize for presuming to instruct them. As a lawyer, he would lose every case intrusted to him, unless he were on the defense. He has any amount of grit and fight in case, of emergency, and tho he is willing to take a back seat, he objects if anyone should attempt to push him into it. His combativeress is not shown until an attack is made, and then he would say, "Come one, come all; this rock shall fly," etc.

He is by nature inclined to be extremely active in body, will be fond of athletic sports, and if his health is good he would rather walk than ride, and much rather run than walk. In mounting a flight of steps, he would take at loast two at each bound, and as a boy would be fond of climbing trees, roaming the hills, and with his large mirthfulness and combativeness, there is no doubt he has performed his full share of mischief in his time.

He is very sure-footed, could soon learn

to balance himself on the tightrope, and as a sailor would feel at home even at the masthead.

The social brain is much better developed than the commercial. He is agreeable, free and convivial in company, likes the society of his select friends, and as he is lacking in that sense of authority, will never assume any superiority over the rest. He is capable of very strong affection, is fully alive to the charms of the gentler sex, will be gallant in his deportment towards them, and if he had children would be apt to spoil them with over indulgence. He is fond of pets and animals and strongly attached to home.

The writer never heard him, but there is not the least doubt every part of his whole nature would enter into a rendition of "Home, Sweet Home." and he would feel every word as he sang it.

He has very strong likes and strong dislikes; will become excessively attached to old places and old friends. He is sentimental in these matters, and would defend an absent friend with more warmth than he would resist an attack upon himself.

His mirthfulness will always point out the funny side of life. Professor Stephens is not half so serious as he looks. That rather downcast, sad expession is a result of deficient self-esteom, a lack of proper appreciation for himself, and not a sign of melancholy mind.

That dark cloud that falls athwart his countenance is exceedingly thin. A joke does not have to be explained before he is prepared to laugh, and if he were one of a party at a picnic or in the canyon, away from all restraint, he would prove to be one of the most frisky lambs in the flock.

He is not one of those who lie awake at night so as to give a fitting reception to any celestial visitor who should happen to drop in, but while he will never be remarkably devout, he could not possibly become irreligious with such a poetic nature. The refining, elevating elements of his organization already referred to (sublimity, ideality, etc.) will always incline him upwards instead of down, and tho he may not aspire to the pulpit, at least he will remain in the church. He is not wanting in a fair amount of faith and reverence, he will live an upright, honest life, but the religious faculties follow rather than lead.

He is clear-headed, cool and deliberate, never gets excited, and in his command of others is capable of showing considerable firmness and determination. He will always be kind, thoughtful and patient, is willing to put himself on an equal footing with the company he is in, but will not allow any undue liberties.

His social qualities combined with his mirthfulness and imutation will make him

very desirable company. He is gifted as an entertainer and can easily keep his guests in the best of humor.

There are many directions in which he could not well succeed, and many others in which he could scarcely fail, for instance: He could not succeed as a mathematician. In the first place, the science is too dry for him, and then he has no special talent in this line. He could not succeed as a bookkeeper. It is too confining and too tedious for his active organization. As a lawyer, he is not sufficiently aggressive, and as a lecturer he would be at a disadvantage, as regards language, and has not enough faith in himself.

In mercantile business he would not be sufficiently vigilant. He is not plodding erough in disposition would soon become tired of chacin gthe dollar, would want a change, become disgusted and thus lose what he had invested. To deal in bacon, molasses, soap, etc., does not appeal to his ideality, and as a butcher the very sight of blood is offensive. As a plumber he is too conscienticus, as a surgeon too sympathetic, and as a minister is not sufficiently pious.

That he is capable of very great success as a musician, a composer and teacher, every one knows, and we have sought to point out the cause. But he could succeed also as an artist, a sculptor, or as a druggist. As a mechanic or even on the stage he has special talents, and would make a good proof-

reader in a newspaper office.

He has good constructive ability, any amount of tact, is fertile in ideas, industrious and energetic, but is rather too fond of variety and change except when it touches his social nature, and in this he is as firm and stable as the hills.

To sum up: He will make a true friend, a jovial companion, an efficient teacher, and a patriotic citizen. He is a good worker, never likes a thing half done, will strive for the best results, and will never fish for compliments.

GIOGRAPHICAL SKETCH.

By J. T. Miller.

Evan Stephens was born June 28, 1854, in Pencader, South Wales. At the age of 12 years he came to Utah with his parents and settled at Willard. He was not strong and robust during his boyhood years, but for a number of years he did hard manual labor and the pioneer life that he experienced developed for him a stronger constitution. From boyhood he had a passion for music and never lost an opportunity to gratify it. When he first came to Utah music and musical instruments were not so plentiful and common as at present. From the beginning the organ was Professor Stephens' favorite musical instrument. Until he was 24 years of age his efforts in music were mainly in his own town, but in 1879 his performance on the organ won the admiration of Professor Alexander Lewis, the leader of the Logan choir. The choir was in need of an organist, and the service of Professor Stephens was secured for that position. In 1880 he began giving private lessons on the organ and soon after organized singing classes, both juvenile and adult. His career as a professional musician began at that time. Referring to this time a biographer says: "From the outset of his career as a teacher, Professor Evan Stephens has had both a penchant and a talent for teaching singing on a wholesale plan. Large classes have been his forte, and the larger they are the better pleased he seems. He has always appeared able, ever since he began teaching music, to draw children and young people to him in immense numbers." His large classes and the ropularity of his work at the L. D. S. University, where he is Professor of Music, are an evidence of the truthfulness of the above statement. His concert work was so successful from the beginning that it attracted the attention of all lovers of music who came under the influence of it.

In orde to study the pipé organ, Prof. Stephens came to Salt Lake City in 1882 and began his lessons under the tuition of Prof. J. J. Daynes. Soon after this he was requested by the officers of the Deseret Sunday School Union to organize singing classes for children. For some time he devoted his time unselfishly to this work and created a remarkable interest in the young people for

In May, 1885, Prof. Stephens went to Boston and studied under George Chadwick, and George E. Whiting at the New England Conservatory of Music. On his return home he continued his music classes. from which was evolved the Stephens' Opera Company. Later he became conductor of the Salt Lake Choral Society. The best know work of Prof. Stephens is that done in connection with the Salt Lake Tabernacle choir which has a world wide reputation.

He has been unselfish in his work. It has been estimated that he has given \$50,000 worth of music lessons gratis. He has aided young men with musical talent to become proficient in the art. He has prepared text books containing material suitable for applying his own methods of teaching. He loses no opportunity to defend and advocate music that enobles and educates, while he denounces in the most forceful language that kind of music that merely entertains and does not elevate the mind. For many years Prof. Stephens has been director of music for the Y. M. M. I. A. During the last two years he has had advanced classes at the L. D. S. University for the purpose of training choir leaders and musical directors.

Our limited space makes it impossible to give a detailed account of Prof. Stephenework, but he is the most conspicuous worker in the history or development of music in the inter-mountain region. The remarkable interest in music that one finds in this region is an evidence that the effort has not been without results.

DR. N. N. RIDDELL,

The Phrenologist.

One of the least selfish and most intelligent workers in the cause of education and social betterment, is Dr. N. N. Riddell, author of "Heredity," "The New Man," "Child Culture," "Manhood," "A Plain Talk to Boys," "Human Nature Explained," etc.

Dr. Riddell has devoted his life to the branches of human culture and has an international reputation as lecturer on the science of life. His success has been



greatly enhanced by the correct analysis of the mind upon which he has built his work. In his latest book he has the following to say about the study of mind:

"Teachers should understand human nature. A knowledge of the child mind is quite as important as a knowledge of text-books. Every normal school should have a department devoted to the study of human nature, particularly the psychology of childhood. This course of study should be there, occupying at least one hour a day for two years. Among other things it should include heredity, prena-

tal culture, organic quality, temperament, hygiene, dietetics, physiological psychology, and the practical application of its principles in brain building; a study of the primary impulse or elements of mind and character; methods and rules for appetites, emotions, faculties and sentiments; mental suggestion and how to employ it in discipline and mental development, together with special directions for awakening the mind of the cullard, governing the willful or vicious, gaining the confidence of the timid and reticent, and overcrowding other eccentricities.

'The course should also include selfstudy for the teacher. No one is qualified to teach until acquaitned with self. Our viewpoint modifies our view. Our peculiarities affect our relation to others. The teacher that is by nature too firm, sensitive, aggressive, approbative, affectionate, positive or the opposite of these; or has any other quality that is above or below normal, should be cognizant of such faults and by proper training overcome them. One who has not learned the lesson of self-centrol, who gets angry on slight provocations, or becomes worried by noise and confusion, or is strongly under the influence of some eccentricity, is not qualified for the school room. Moreover, if teachers had a thoro knowledge of themselves they could do much better work with far less nerve strain.

"This department of study should be under the supervision of an up-to-date phrenologist. Not a 'bumpologist,' but a man thoroly versed in the phrenological system of mental philosophy, heredity, physiological psychology, psychic phenomena, and mental suggestion.

"From this I do not mean that teachers should be expected to estimate character from facial expression or cranial development—only an expert can do this with sufficient accuracy to be of any practical value; but every teacher should be thoroly versed in the subjects indicated, particularly the phrenological system of mental philosophy. This system is worth

more to those who would understand children than all the others put together. It is the only system that analyzes human nature and explains the tastes, talents and peculiarities of the individual.

"I am congnizant of the disfavor with which phrenology is held by many college men and realize that in recommending it I shall provoke their disapproval; therefore, I wish to discriminate between phrenology as a system of psychology and phrenology as employed in the art of reading character. It is the former that I am commending; the latter, however, is worthy of much more attention than has generally been accorded it. During many years of daily practice in reading character and in child study, I have employed every system and method known to science and I cannot better express my esimate of the relative value of Gall's system than to quote the words of the late Mr. Gladstone, where he says: "As an explanation of mind and character the phrenological system of mental philosophy is as far superior to all others as the electric light is to the tallow dip."

THE HEAD.

The following instructions on measuring the head are taken from "The Study of Children," by Francis Warner, M. D., (Lond.), F. R. C. P., F. R. C. S. It is phrenology pure and unadulterated, but is found in an orthodox book on education. This appropriating of phrenological principles by orthodox writers reminds one of the prophecy made by Henry Ward Beecher many years ago as reocrded in his 48 sermons, Vol. 1, page 303. 'All my life long I have been in the habit of using phrenology as that which solves the practical phenomena of life. Not that I regard the system as a complete one, but that I regard it far more useful and far more practical and sensible than any other system of mental philosophy which has yet been evolved. The learned profession may do what they please, the common people will try these questions and will carry the day, to say nothing of the fact that all the great material and scientific classes, tho they do not concede the truth of phrenology, are yet digesting it and making it an integral part of the scientific systems of mental philosophy."

Dr. Warner is certainly helping to fulfill that prophecy. Do you see the phre-

nological mark on this:

Look at the head, full face, carrying your eyes from ear to ear over the top of the head, following its curve and estimating its size; again carry vour eyes form one ear to the other in a horizontal line, looking first at the right ear and its parts, then at the right eye-opening, the bridge of the nose, the left eve-opening, and the ear. Looking at the profile ,follow the bridge of the nose up the forehead, noting if it be nearly vertical, or slope backwards, then over the curve of the top of the head and down to the nape of the neck. You may thus inspect the head in its configuration and estimate its volume by inspection. Place your hand flat upon the child's head, with your fingers spread, and thus estimate its volume by feeling, noticing its form and any lumps or ridges of bone. Then if you think necessary, you can measure the head round with a tape. Measure carefuly the greatest horizontal circumference round the forehead; take a transverse measurement from one ear opening to the other over the top of the head; and again from the bridge of the nose over the top of the head to a projection you will feel at the back of the head just above the nape of the neck; such measurements taken at intervals of a few months will enable you to appreciate growth and increase of volume of the head.

JOSEPH COOK ON THE STUDY OF HEADS.

In one of his Monday lectures, Mr. Cook thus alludes to the importance of observing the head and face:

"It is singular how much instruction Carlyle gives us when he says that, until a man has studied the portrait of an author, he knows little of his system of thought, I have before me portraits of several of the renowned German professors-Kiepert, Lepsius, Curtius, Tren-Schleirmacher, delenberger, Dorner, Kant—all possessed apparently of a full intellectual equipment. They are men of marvelous breadth of brain. There are five radii which ought to be studied in every man's cranial development, whether you believe in mental physiology or not. From the central point of the ear draw seven radii; one to the chin, one to the tip of the nose, one to the center of the lower forehead, one to the upper forehead, another to the top of the head, another to the back of the head, and another downward to the shoulder. I undertake to say that when you find a man with these seven radii, all long, and fairly wellbalanced in comparative length, you will not often hear from him eccentric opinions. These seven radii are all of good length in Secrates, Plato, Aeschylus, Cicero, Virgil, Seneca, Bismarck, Gladstone, Washington, Franklin, Edwards, Webster. Only wholeness and size, or quantity, quality, and balance of being gives what Bacon calls the large roundabout sense (manysided judgment), which in erratics, however brilliant, is always more or less conspicuous by its absence. There are other radii, not shown in the profile view, which are of characteristically great length in the broad German brain. I turn the page and show you Shopenhauer. A withered, narrow, eccentric man I should judge him to be, were I to meet him on the street; a small brain, an angular cranial organization, a face apparently that of a soured student, with considerable literary capacity, any amount of audacity, a long chin and sharp nose, a good lower forehead, but shallow upper forehead, and very unbalanced radii in the profile view."—Phrenological Tournal.

Grabbing for a moment that is gone is worse than running after the lightning express which has just swung out of the station and left us behind. We may shout ourselves hoarse and run our legs off but the moment never comes back.

Educational Notes.

The Utah Teachers Association will meet in Salt Lake City from January 3 to 6, 1905. As the program has not been completed we are unable to publish it in this issue. The officers of the Association are making a special effort and are preparing an excellent program. The attendance of all teachers in the state is desired.

PSYCHOLOGY.

There are numerous signs of a change in the methods of studying psychology. This study is at present in a chaotic condition. The various systems have produced some well-defined principles but the whole subject is still in a very uncertain state. The present state of psychology is shown in a recent review of Gustav Spiller's text-book on psychology, entitled: "The Mind of Man." Published by the Macmillan company. The review is by F. S. Wrinch of California University and covers several pages in the Psychological Bulletin. The following is quoted from the review:

"The author starts out with the commendable purpose of accentuating the need and assisting in the establishment of a psychology of a strictly scientific character. To this end he avoids the company of any who have settled doctrines, and excludes all philosophic speculations. In the introductory discussion, the hand of the writer seems to be raised against every method of psychological inquiry which has been employed in the past or is still being used by his contemporaries. The reflective method, if it happens to have discovered any truth, has failed to establish the same scientifically. whatever psychophysics may accomplish in the future, it has done nothing up to the present. After some defense of Introspection, he himself adopts the method of 'Experimental Introspection.' Wherein this differs so radically from the ordinary experimental method it is not easy to discover; true, he lavs the main stress on introspection, but the latter term seems to be used simply of the immediate observation of the facts of experience experimen-

tally arranged or aroused.

"Further, the lack of an adequate system of terminology leads to the adoption of a new system of terms, based upon the degrees of complexity of the facts. The formation of a radically new system of terminology even in so young a science as psychology may be considered a somewhat questionable procedure, and that which is offered is neither very complete nor is it based upon strictly scientific distinctions."

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I cannot but think, however, that the wholly desirable imaginative literature for children remains, in large measure, to be written. The mythologies, Testament stories, fairy tales, and historical romances on which we are accustomed to feed the childish mind contain a great deal that is perverse, barbarous, or trivial, and to this infiltration into children's minds, generation after generation, of immoral, cruel, or foolish ideas, is probably to be attributed, in part, the slow, ethical progress of the race. The common justification to our practie is that children do not apprehend the evil in the mental pictures with which we so rashly supply them. But what should we think of a mother who gave her child dirty milk or porridge, on the theory that the child would not assimilate the dirt? Should we be less careful of mental and moral food materials? It is, however, as undesirable as it is impossible to try to feed the minds of children only upon facts of observation or record. The immense product of the imagination in art and literature is a concrete fact with which every educated human being should be made somewhat familiar, such products being a very real part of every individual's actual environment.—President Eliot of Harvard University, in Educational Reform.

Another important function of the public school in a democracy is the discovery and development of the gift or capacity of each individual child. This discovery should be made at the earliest practicable

age, and, once made, should always influence, and sometimes determine, the education of the individual. It is for the interest of society to make the most of every useful gift or faculty which any member may fortunately possess; and it is one of the main advantages of fluent and mobile democratic society that it is. more likely than any other society to secure the fruition of individual capacities. To make the most of any individual's peculiar power, it is important to discover it early, and then train it continuously and assiduously. It is wonderful what apparently small personal gifts may become the means of conspicuous service of achievement, if only they get discovered, trained and applied..—President Eliot of Harvard University, in Educational Reform.

RICHES.

A writer in a recent issue of Practical' Ideals says: "We seem not to realize that the truly rich man is the man of sound health, of cultivated talents, of disposition, of noble aspirations. Rich means happy, contented, worthy. things—happiness, contentment, blessed ness—are the ends for which we strive, the aims of existence. Therefore the rich man is the man who possesses them. The riches of the sort here referred to are thepossible posession of each and every thinking individual who has a strong, reliable will. I do not believe that the ascetics, the hermits, the saints and the Essenes of modern life have a monopoly of such riches. A man need not abjure the world, nor live in the cloudy regions of religious fanaticism, like a monk of the middle ages, in order to attain these trueriches. A man may, indeed he should, stay right down on the commonplace, every-day plane of life, and in the little commonplaces of daily human contact he can plant such roots of generosity and high-minded aims that the fruits will be the riches of contentment, blessedness. and wisdom far above price."

Moral Education.

CRIME—CAN IT BE CHECKED?

Efforts are constantly being made by law-makers, clergymen and various organizations, or the suppression or abolition of crime. These efforts are usually directed to one of two methods, viz., moral suasion or punishment with fines, The imprisonment, or death. method, while effective in preventing future crimes by the individual so punished, has little if any appreciable influence upon others. Lynch law, or as some are pleased to call it, "summary justice," also fails to impress any except the victim, and exerts upon others the same influence as moral suasion.

The person possessed of criminal tendencies, of whatever nature, is abnormal. It may be thru defective development of the so-called higher mental or moral faculties, the over-development of the so-called animal instincts, or thru disease affecting the central nervous system. The latter class are fully recognized as irresponsible in the "eyes of the law," and are sent to asylums for treatment and also for public safety.

While not a believer in natural depravity, I am convinced in the law of heredity, and that both mental and physical characteristics are transmitted from generation to generation.—Editorial in Eclectic Medical Journal.

THE INKSTAND BATTLE.

By S. W. Foss.

We are making smokeless powder And big bombs to throw a mile, That will blow the foe to chowder In the true dynamic style.

We've a hurling gun; you start it, And the myriad bullets fly, And a hundred men a minute Roll their stony eyes and die.

Let us stop this wild death's revel; Martin Luther, so 'tis said, Threw his inkstand at the devil,
And the black fiend turned and fled.

Smite your world-wrong; don't combat it
With a fusillade of lead;
Simply throw your inkstand at it;
Come tomorrow, it is dead.

When the world upon the brink stands Of some crisis steep and dread, Like brave soldiers seize your inkstands, Hurl them at the devil's head.

Pour your ink-pots in a torrent Till the strangling demon sink, Till the struggling fiend abhorrent Drown in oceans of black ink.

For the man who's born a fighter
For the brain thats' learned to think,
There is dynamite and nitre
In a bottle of black ink.

The it makes no weeping nations,
And it leaves on gaping scars,
Placed 'neath error's strong foundations
It may blow them to the stars.

WAR IS HELL! WHO SAYS SO?

The Hearsts, the Pulitzers, the Cramps, the Gatlings, the Colts—the steel mills starting up, and flour jumping dollars per barrel! No war is business—heroics, brass bands, brass buttons—opportunity. So long as millions of men gain a living by evolving the machinery of war and training for war we will occasionally have war.

The only person to whom war is really hell is the widowed mother with an only son, who in her dreams sees her boy clutchig at a great red tear in his breast, and gasping with dying lips the name he called her by in babyhood.

That is different.

The rest of us are just plain hypocites, and if there is a dog fight down the street, our belief in the Westminster Catechism does not prevent our making hot haste to see the argument.

Perhaps that is the real calamity of war—the diverting of the attention of

Christendom to a fight in which we real-

ly have no interest.

A dog fight is hell. Oh, certainly, but then it is so diverting! Did the brindle pup win? Ah, I bet a box of caramels he would.

And so we have the news that Port Arthur is taken, and the next day glaring headlines say it isn't. There are fights by sea and fights by land, with details that never happened and made no difference if they did, and both sides claiming victories. We read the manufactured news with quickened breath, and we buy the special that contradicts it all.

The loss is not in the dog fight, but in the fact that a world quits work to

talk about it.

And what ye talk about isn't war at all, it is only the reports sent out by the industrious men employed by Hearst and Pulitzer.

Dr. Samuel Johnson once said, "Streets filled with soldiers accustomed to loot, are not more terrible than garrets filled with scribblers accustomed to lie."—The Philistine.

AN OPEN LETTER TO CLERGY-MEN.

We are told in the Bible that "God created every winged fowl after His kind; and God saw that it was good. And God blessed them, saying, Be fruitful, and let

fowl multiply in the earth."

It is a sad fact that man is not permitting the birds of the air to multiply as God directs; they are wantonly killed for sport by men, and boys destroy thousands of eggs and nestlings each year. Fashion decrees that women must wear the plumage of wild birds for ornaments. Glance at the bonnets worn at any church service and note the large number of graceful plumes known as "Aigrettes." There is not a woman that does not know that these plumes are obtained only by the most cruel and barbarous methods. How can she kneel and partake of the Holy Communion while wearing them?

Can the children of the Sunday schools grow to be good men and women

unless they are taught that kindness to all God's wild creatures is a part of Christian life? The Savior says a sparrow "shall not fall on the ground without your Father." This certainly means that human beings will be held responsible for all acts of cruelty to even the most humble of God's creatures.

Birds are a check on insect life, and solessen the labor of the tiller of the soil. Scientific study during the past two decades has demonstrated the fact that birds are the most valuable friends the agriculturist has; they destroy insect pests and noxious vermin; they also eat thousands of tons of weed-seeds which, if left to propagate, would soon overrun the land.

Birds require no pay for their labors, they only ask to be let alone to enjoy in peace and safety the life the Creator gave them, the same right that every good citizen enjoys.

Are clergymen doing their duty if they do not call the attention of the people to the rights of the birds.—William Dutcher, Chairman, National Committee of Audubon Societies, 525 Manhattan Avenue, New York.

THE BURDEN OF ABUSE IN THE POSTAL SERVICE.

B. O. Flower, editor of the Arena, reviewing the campaign for the improvement of the postal service, says:

"There are few greater scandals in our public life than exist in the postoffice department, due to the influence exerted by the railroad corporations and the express companies over the administration and in the Senate of the United States. It has been shown time and again since Postmaster General Vilas called the attention of the Senate to the abuses that obtained in the department, that the railroads are plundering the government and causing an enormous deficit in a department which might easily be made self-supporting while at the same time greatly extending the service in regard to second-class matter and a parcels post. For instance, we find the United States

government paying a rental of six thousand dollars a year for mail cars that cost considerably less than six thousand dollars to build, tho the average life of the car is nineteen years; and in addition to this the department is paying considerably higher tariffs for the carrying of mail than the express companies pay for the same privileges, while the influence of the great express companies and of the railways has succeeded thus far in preventing the United States from securing the benefits of an efficient parcels post, such as exists in Austria, Germany, Great Britain and other nations.

PLEASANT CALLS.

From the delegates to our Peace Congress we were made particualrly happy by the calls of two ladies, Mrs. Mary Noyes Farr, of Pierre, South Dakota, National Vice President of the Woman's Relief Corps, and M. Catherine Allen, of the Mount Lebanon (N. Y.) Community of Shakers, with whom was Daniel Offord, whom we believe to be the head of that widely-known community, and who handed us the enclosed poem:

PEACEFUL VICTORY.

(By M. J. Anderson, Mt. Lebanon, N. Y.

Rise ye waves of joyful music, roll to earth's remotest bound,

Bearing notes of peaceful victory to the jarring kingdoms round;

Thrill the air with strains of gladness, swell the blessed song of peace,

Till the nations own its power, and all sound of discord cease.

Chorus.

Come ye spirits brave and earnest, work with purpose true and strong,

God will bless your faithful labors, right shall triumph over wrong.

Stay the work of desolation, still the pulse of fevered strife,

Where the marshaled hosts are treading, crushing virtue, hope and life;

Reason's rule aloud proclaiming arbitration's peaceful sway

Opens now the pearly portal to the bright approaching day.—Chorus.

Haste O day of golden promise, prophecy of human weal;

Swords shall be to ploughshares beaten, spears to pruning hooks of steel;

Then as time with budding glory brings the coming year's increase,

Men shall march to fields of labor, learning there the arts of peace.—-Chorus.

Earth shall smile in youthful beauty, ocean sing from shore to shore

To a brotherhood united, peace, good will forever more;

Fruitful fields and verdant valleys, mountain, plain and flowing stream,

Prospered homes and gladsome labor, will the praise of peace redeem.—

Chorus.—Our Dumb Animals.

PIN THIS IN YOUR HAT.

So long as any human being is willing to be bought, then slavery and ignorance and sufferings upon earth will endure.

When slavery existed in the south, the proudest slave was he who could boast of bringing the biggest price on the auction stand.

The proudest slave today is the man who boasts of the biggest salary.

When such slaves are not looking for a master with his money bags, then, and then only, will slavery and slavish conditions disappear from the face of the earth.

When we learn to condemn a principle, without condemning the slave, who is but a victim of the principle, then will be our first step towards "Peace on earth, good will to men."

Never condemn the fakir, who is merely trying to solve the "Bread and butter problem." Bend your earnest efforts towards throwing light on the fake itself, and do not forget that "earning bread by the sweat of the brow"—not sweat of the body—is the greatest fake that ever caused annoyance to the heart of man.—Banner of Light.

Suggestions to Parents and Teachers,

VICE AMONG CHILDEN.

By Celia Carman.

When this subject is mentioned the minds of many people go instantly to the slum portions of our great cities. There, in the congested quarters, where many people are huddled together in small places, where children are ragged, dirty and neglected, of course, they are immoral; but in good society—and here the fond mother casts a loving glance at her own sleeping children, so glad and thankful is she that they are well protected, that they know nothing of the sin of the great wicked world. Perhaps that mother has cause, for her thankfulness, but perhaps her peace of mind may have its source in ignorance.

Every child born into the world is born with an undeveloped sexual instinct. That instinct will be developed in a normal way at its proper time, or at an improper time in an abnormal way. Which it will be is decided by the child's training and The fact that the child's environment. parents live in the country, a small town, . or a select part of a large city, or the fact that they have good social standing, are rich, influential, or religious, has little effect upon the child's life along these lines. The training that will save a child from misery, and perhaps from open disgrace, must be specific and to the point.

The reason that this evil is so hard to correct is because the majority of mothers and teachers either indignantly deny that such a condition exists, or, when it is mentioned, are too much shocked to be willing to discuss the subject. Nevertheless, hundreds of young people from respectable homes are every year failing in health, losing their minds, and even dying from the effects of this terrible curse.

The writer has had an experience covering several years of public school work, and during that time has received the confidences of other teachers, mothers and children, and each year is more deeply

impressed with the commonness of this habit among children.

The mothers of the present generation, many of them, have married with no definite preparation for motherhood. They know very little about a child's nature or how it is developed, hence are unable to avoid mistakes that may start the child on the wrong road. In order to be sure that your child has not learned immorality in his very early years, you must be sure that he has been kept free from conditions that foster the habit. These conditions begin in the home at a very early age. There came a time when your child began to ask questions. The way you answered those questions laid the foundation for future purity or impurity.

A motherless girl of fourteen was becoming somewhat wild. Her teacher had a long talk with her, in which the girl made this confession: "We girls wanted to know about mothers, so I asked Gracie's big sister, and she said I ought to be ashamed to ask such a question. Then I asked my aunt, and she said that little girls should be seen and not heard. They acted so about it that I made up my mind that I would know anyway. So I went to Anna Jones; they said that she was a bad girl, and I thought she would know. When I asked her she said, 'Why Mary, I didn't think you were that kind of a girl.'" All this trouble and reproach because a girl budding into womanhood asked a perfectly natural question, to which she should have been given at once a correct answer.

The air of mystery that mothers maintain on subjects of this kind, the evasion in answering questions, all arouse the curiosity of the child, and he or she decides to "know anyway." So he goes for his information to the boy or girl he meets on the street or at school, and the boy or girl who has the reputation of being bad is instructing your child in these subjects, giving him, of course, an abnormal and impure view of the whole thing.

Don't decide that your child knows nothing of evil because he does not talk to you about it. After having told your child a falsehood about the coming of the baby, or having assured him that it is very, very naughty for him to ask such questions, don't expect him to come to you when later on he finds out that you have lied to him. No; you have told him that this is an impure subject. must be his opinion of his own father and mother, after having received his street education on this subject and being told by his mother that only bad people ever mention such a thing—when he thinks of his own birth or sees little brothers and sisters still coming into the family? Small wonder, then, with such training, that there is so much impurity. The wonder is rather that there is not more.

"But," some mother asks, "how can I teach my child these subjects? What shall I tell him?" What you tell your child, so long as it is the truth, is of little consequence. Unless your own mind is pure, you cannot possibly give your child a pure view of this or any other subject. Your first step may be to pray with the Psalmist, "Create in me a clean heart, O God, and renew a right spirit within me."

Let us hope that the time will soon come when mothers, fathers and teachers will realize their duty along these lines; when they themselves will be pure-minded enough to shake off the awful curs of prudishness that is defiling society today. Until this comes to pass there can be no solution of the "social evil."—The Purity Advocate.

THE SANCTITY OF MARRIAGE.

By Mrs. L. D. Avery-Stuttle.

I am quite aware that I am touching upon a subject which, to say the least, needs to be handled with care. Married people are exceedingly sensitive sometimes,—exceedingly fearful of being blamed for something by somebody. And I guess it has always been so. Indeed, they are so fearful of it, that they sometimes lay the blame on to each other.

Away back in the Garden of Eden it began. Adam was so afraid the Lord would blame him, that, altho he loved his wife very much, he speaks words of reproach against "the woman whom Thou gavest to be with me," and accuses her to save himself. "Not very gallant of Adam," you say; no; and the ungallant Adams are not all dead yet.

The marriage relation is the most sacred of any on earth. Without it, there would be no home, no family, no government. Then, to undermine the marriage relation, undermines the home; and upon the individual homes of the people rests the government, the safety and the prosperity of the nation.

Show me a family where the husband and wife are devoted to each other, and I will show you a happy home,—a mimature of heaven. Show me a whole nation of such families, and I will show you a nation that lives in peace with the whole world, and with whom business of friendly intercourse would be a delight. But alas and alas! where shall we find such an one?

The divorce courts were never so crowded; and the divorce lawyer who gains his living by separating those who ought to have been sure that God had joined them together, is getting rich. The good old time has gone by when it was a rank disgrace to apply for a divorce. Now, almost any plea is considered sufficient, even to simple incompatibility! Why did not the couple whose marriage bonds have become bateful and galling, discover the incompatibility before the solemn marriage yow was taken?

O, there is the trouble! Young men and young women seem determined to hide and cover up, with the pretty cloak of mannerism, every odd or disagreeable trait in their character. Instead of banishing those traits and getting the mastery over them forever, they hold on to their pet evils and carefully cover them from the eyes of friend or lover until it is too late to repent. O, why is not the season of courtship made a season of getting acquainted with one another, instead of being deceived. Why not take time

before marriage to find out if the young man with whom you are to spend all your life is a Christian or a pagan? whether he treats his mother and sisters with love and tenderness, or whether he makes himself obnoxious to his friends, and a terror to every one about him? Why not find out beforehand whether the young woman is kind-hearted, gentle, and true?

"SAVE THE BOYS."

Is the title of anti-rum and anti-to-bacco literature consisting of a booklet of 24 pages, and a 12-page monthly journal. The very title should appeal to every person who has a desire to see true manliness in our boys.

The price of the booklet is 2 cents each; or \$1.00 per 100; 60 cents for 50; 30 cents for 25, sent postpaid.

The journal is 30 cents a year.

The publisher solicits orders and donations from kindly disposed persons.

Mr. E. W. Peck of Minnesota, state secretary of the Y. M. I. A., sends a donation, and says:

"If you can do anything to stay the curse of cigarette smoking among boys, it will be money well invested."

One editor says: "If you are a boy, or if you have a boy, or if you desire to help the boys, you should subscribe."

Mrs. L. Flora Plummer, editor of the Sabbath School Worker, says that "this literature should be circulated wherever there are boys—and that is everywhere."

Address, "Save the Boys," 118 W. Minnehaha Boulevard, Minneapolis, Minn.

GOLDEN DEEDS.

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Oh, what truth is in the maxim, "Golden deeds make golden days," And the worth it is to humans, Priceless 'tis in many ways.

If a human is in sadness, By his own or other's wrong, Just a word of cheering gladness Kills the sting and leaves a balm. If a sin has been committed, Chiding's not a golden deed; But in kindness he be pitied, Thus to penance you him lead.

Never by a frown you'll win him, For his heart is aching sore, But the golden deed of kindness Heals his sad heart to its core.

"If we smile the world smiles with us," That is not a golden deed,
But when hunger is upon us,
'Tis a golden deed to feed.

In the sorrows of a lifetime All the world refuse to share One sad pang, and only leaves us All alone their stings to bear.

When I see the sick ones cared for By some loving, gentle, hand,
Sure in turn they will be prayed for Their achings soothed, their fever fanned.

See the urchin vexted and crying O'er some playmate's wilful wrong, Pet the wee thing, stop its sighing, And 'twill bless you ere you've gone.

Golden deeds let's ne'er be loosing, Kindness surely is divine, For it kindles in our bosom Everything that is sublime.

And it makes us noble, God-like, Makes us gentle, childlike, too, Moulding us like God the Father, Makes us better and more true.

Shows us how to grasp one's sorrow, Teaches us to share his pain, And to smile when he would borrow All his troubles back again.

Leads us to a grand ambition, Heavenward to celestial meads, Where we'll know without restriction Golden thoughts and golden deeds.

Tas. Hood.

Home Making,

AN EARTHLY HOME.

We've oft read of heroes and warriors of old, Whose names have been written in letters of gold,

Of poets and sages, and men of renown.
Of monarchs and kings who wear the crown,
But the one name to be revered for ages to
come,

Is Howard Paine, who wrote Home, Sweet Home,"
For a home is something more than houses

For a home is something more than houses we see,

"Tis a family contented who in love agree

*Tis a family contented, who in love agree.

The we may live in splendor, have honor and fame,

The home of the wealthy may be only in name.

and fame,
The home of the wealthy may be only in name,
But a place where all can be equal and free,
If only in a cottage, would be the home for me;
For a home for all men, both great and small,
Must be guided by love and truth after all;
Tho Paine never realized his dream so grand,
At least he died in a foreign land.

A home is not a thing to be bought or sold,
To be exchanged or traded for gold.
'Tis not bricks or mortar, nor houses we see,
'Tis not titles nor people of high degree:
'Tis not broad acres nor land we may own,
Nor a place where seeds of envy are sown.
But a family where all in love and peace agree,
Be the place e'er so humble, 'tis the home for
me.

THE AMERICAN MOTHER.

By D. A. Foote, A. M., M. D., Omaha, Nebraska.

To Secretary Hay we are indebted for the benevolent assimilation of the word "American." It is now in diplomatic parlance the private property of Uncle Our representatives to foreign lands have recently written over their doors these words, "The American Embassy" or "Consulate." The appropriation of this word characterizing the citizenship of the United States of America is justifiable and we trust prophetic of that day when the City of Washington shall be the cerebrum and cerebellum of the United States of North and South America. This is the inevitable corollary of the Monroe doctrine.

The philanthropic and commercial forces of the western continent will insist that liberty does not grant freedom for self-destruction as persistently exhibited in the caricatures of self-government in Central and South America. Philanthropy seeks peace and commercialism demands stable government.

The government at Washington in-

sures the autonomy of its neighbors and will make heavy investments to guarantee its word. It will just as surely demand its dividends expressed in peace, prosperity, integrity and uninterrupted commerce. All hail the new word "American."

By the American Mother then we mean that expression of womanhood that has intelligent and intuitive sympathy with democratic ideals and under the stimulative influence of these ideals has given the world, we verily believe, the highest type of Motherhood.

The American mother is typical only as the American citizen differs from other cosmopolitans. We cannot claim any distinguishing quality or mother-love indigenous to American soil. Its expression is the same the world over. When God created a mother he embodied a thought unique in all nature, a new, distinct creation—a force as indestructible and beneficent as his own infinite wisdom. In woman he templed beauty, incarnated the refining graces of humanity and dedicated every inpulse of her being to the achievement of love's materpiece—Motherhood.

"There is in all this cold and hollow world no fount of deep, strong, deathless love, like that within a mother's heart." Adoration of motherhood is congenital and compelling. "Unhappy" and degenerate "is the man for whom his own mother has not made all other mothers venerable."

A composite picture of American mothers—the New England, the Southern, the Western type—would not be the American mother any more than a composite photograph of the sculptured Goddesses of Grecian mythology would disclose a Niobe. The average mother of America is too composite. We must seek the ideal and from the physician's standpoint. The limits of this paper forbid many excursions of thought into the broad domains of our subject and compel but a brief discussion of one or two points. We seek amid varied environments, most hopefully, for that expression of womanhood which gives to the home life of this nation the surest promise of perpetuity. One who could describe adequately such an

embodiment of virtues could secure no greater fame.

The American mothers of the past are disclosed in the deeds of their children whom the nation honors in its halls of fame, but the mother is too often forgotten. Can we mistake the family traits exhibited in these words of one of the colonial mothers:

"Good family government assures good civil government."

'We must learn to obey before we know how to govern."

"Obedience and truthfulness are cardinal virtues to be cultivated."

To a mother, renowned for her wisdom and beauty, is Washington indebted for such character-building precepts as just quoted. It was the special endowments of his mother that gave to Patrick Henry his wonderful gifts of oratory which he used so effectively in the cause of American Independence. From his gifted Huguenot mother came those rare traits of genius exhibited by Alexander Hamilton. The mother of Emerson was a paragon of domestic virtues and womanly graces. It was the mother of William Lloyd Garrison that inspired those jeremaids that smote the hearts and consciences of this nation in ante-abolition days.

Let me describe one mother typical of thousands in the early days of the past century.

Taking her part in the labor of the household at a time when it was expected that the woman portion would not only care for the house, prepare the food, and make the clothes of all the family, but also weave and spin the materials as well, she yet managed to acquire an education of which graduates of our modern schools and colleges might well be proud. "She studied while she spun flax, tying her books to the distaff." She not only became well read in literature and history, and acquainted with the progress of science then just beginning to attract the attention of scholars, but learned to write and speak the French language fluently. She gave enough attention to music to be able to accompany her voice on the guitar. and was sufficiently skilled in the use of pencil and brush to paint some very creditable portraits upon ivory, several of which are still in the family. She was an adept in the mysteries of the needle, "in fine embroidery with every variety of lace and cobweb stitch," and was gifted with great skill and celerity in all manner of handicraft, so that in after years "neither dressmaker, tailoress, or milliner ever drew on the family treasury."

Such was the mother of Henry Ward Beecher of whom he spoke so often and never more eloquently than when he said, "My communion with nature arose from the mother in me. Because my mother was an inspired woman, who saw God in nature as really as in the Book, and she bestowed that temperament upon me, and I came gradually to feel that, aside from God as revealed in the past, there was a God with an everlasting presence around about me." What an inspiring ideal of motherhood.

The unselfish devotion, the self-sacrificeing love and unswerving patriotism of America's mothers has indeed made the pages of our history resplendent. There are American mothers today just as illustrious, but they are embarassed and menaced by an increasing number of fraudulent and dangerous imitations.

We must pass by consideration of many forces that menace motherhood. We can not discuss heredity and the laws of selection altho motherhood and our race. find here a most serious and fundamental problem. We can not give time toeducational questions, altho they are fraught with most fateful considerations. Errors exist in overeducation, misdirected education forced along unnatural lineseducation with the mother entirely left out. Professor Huxley says: "Education is the instruction of the intellect in the laws of nature; under which name I include not merely things and their forces but men and their ways, and the fashioning of the affections and of the will into an earnest and loving desire to move in harmony with those laws." The motherheart and brain can alone give this training. No substitute can fill her place. But too often these duties and high privilegesare entrusted entirely to the hired nurse, governess, kindergarten teacher, at a time when the mother's heart should be the child's schoolroom. There is education in all the arts, sciences, languages, accomplishments, pastimes and follies without the slightest knowledge of how to properly manage a home and often bereft even of the physical powers to give to honest love its crown of bliss vouchsafed to wife and mother.

We must pass by the discussion of societv and its fraudulent usurpation by endowed idleness and veneered viciousness. We can only utter a protest against this misrepresentation of the real American refinements as found in polite and modest circles of society. The noisy and unostentatious counterfeits give, by their sensual revelries and aimless displays, a reputation to America most scandelous and undeserved. It is not here that we look for the American mother. The subject of divorce should be given the time it deserves in an enumeration of the dangers that threaten our homes, but it can only be mentioned as a growing and unblushing evil of modern times. This list is incomplete, but we must now pay our respects to a matter of portentious import in which our profession is especially involved. These dangers and others that might be mentioned unite in one common and insiduous influence that threatens motherhood today most alarmingly.

The physician is the evangelist of motherhood. To him is entrusted the gospel of maternity. Woe be unto him if he falter, compromise or prove recreant to his high calling. Before him kneel the queens of the earth to learn wisdom. From his lips, from his heart, flow forth influences that as surely cherish or blast the lives of thousands as did ever the decree of earth's most puissant despots. mute annals of the unborn is the world's greatest tragedy. Before these records we stand appalled and words fail to characterize the deep, dark infamy of this unceasing carnage of helpless innocents, this slaughter of unborn babes.

The physician can not shirk his duty. It is time to speak out plainly against a

crime now so common as to have become the sport of unblushing gossips and a. most serious menace to our national life. There is a spirit abroad that seeks to holdup to ridicule the old-fashioned families. Hence, silly and craven-hearted parents are resorting to methods of thwarting nature that are essentially criminal and suicidal to the physical and moral life of What are the records? average size of the family in the United States has decreased steadily during the past fifty years, notwithstanding the acquisition of large families by emigration. In 1850 the average size of the family was 5.6 members; in 1880, 5; in 1900, 4.7. There are in round numbers 16,000,-000 families in this country. If the average size now was as large as in 1850, our population in the United States, exclusiveof its islands and Alaska, would be 89,-600,000 in place of 73,000,000. In other words the new style family has robbed. this nation of a natural and stalwart increment of 16,000,000 of people in fifty vears. This parental malfeasance if continued fifty years longer will result in conditions inexpressible in numbers. But the loss in population is alone appalling, for figuring on a moderate increase in our total population and adopting the same ratio of loss in the size of the average family as has been evident in the past fifty years, we are confronted with the fact that in 1950 there will be a loss of upward of 100,000,000 of people because of this departure from the wholesome standards of our fathers. This is indeed "Race Suicide." Such figures cool our patriotic ardor and still our clamorous. assertions of being the greatest on earth. For it is evident that our decay has begun these conditions and this evil remains unchecked, we will be the easy prev of a foreign invasion: we will be displaced by a race of emigrants of more virile blood than the degenerate sons and daughters of the sturdy founders and valorous defenders of this nation.

To mention all the causes of this default in the American family would indeed be a task. There are false and extravagant standards of the cost of maintainance of

a home that are deterring thousands of our young men from marriage and robbing them of the safeguards and blessings of matrimony. There are, too, "Bachelor Quarters" and "Maiden Retreats" in which it has never been discovered that "A woman has two smiles that an angel might envy, the smile that accepts a lover before words are uttered, and the smile that lights on the first-born baby." There are also too many men saying—"O woman! lovely woman! nature made thee to temper man; we had been brutes without you. Angels are painted fair to look like you; there's in you all that we believe of heaven, amazing brightness, purity and truth, eternal joy and everlasting love—but, I prefer my Club."

The social evil, a legitimate sequel and concomitant, and its twin, intemperance, by their moral and physical ravages annually blast the lives of a great army of our youth and cheat our country of a

million homes.

But the physician has ample evidence of still more fertile causes of this sapping of our national blood. What are the records? We dare not tell. We can not publish to the world the secrets of our consultation room and we have too great respect for the womanhood of our land to stigmatize it with the infamy of a large and growing class that beset the physician in hysterical phrases that mean nothing less than the laying of murderous hands upon their unborn babes. They have forsooth been duly instructed in the black arts of foeticide, but the first try to tempt a physician to give safety and professional responsibility to their plans. Thousands of American women of today are pastmasters in practices that rob the cradle of its jewel, the home of its joy and hope, and the nation of its priceless heritage vouchsafed by the mingled blood of Puritan and Cavalier.

Physicians must set their faces like fiint against this practice now so prevalent among the women of America. Something must be done to stop this nefarious business. Young married women are early taught how to murder their unborn babes and so escape the temporarp inconvenience of child-bearing. We are called in such emergencies to save them from the dangers that theraten, to remove the remains of their innocent and helpless victims, to comfort them by the assurances of our skill in overcoming the physical result of their baseness, and to cover up all evidence of their crime. It must be stated that the husbands are usually equally guilty. If reputable physicians would assist actively in the criminal prosecution of all such offenders the offence would become less common after a few wholesome examples of civil and social retribution. Publicity is the cure. Laws should be placed upon our statute books making it obligatory upon physicians to report all cases of abortion to the local boards of health, giving the causes, age of foetus. The physician is required by law to report all deaths occurring in his practice. Is an unborn child of so little consequence that a report of its death should be omitted? The enactment of such addition to our present laws would relieve physicians from being "particeps criminis" in an offence that is monstrous in all its aspects.—Dietetic and Hygenic Gazette.

DANGER BY PROXY. In this age we gratify our love of danger and of conflict and bloodshed, by proxy. We love bull-fights, prize-fights, dog-fights and executions. Thus we get the pleasant stimulus to our jaded nerves without any pain or after-effects. The other day, at Limoges, an enormous crowd watched a butcher slaughter a sheep and dress its carcass in the den of an African lion. The liontamer's presence gave just that ingredient of chance which makes the spice of these things. Some, however, are not particular about spice; they like the mere shedding of blood as such. To this class belong, for instance, the crowds who make up the long daily procession thru the slaughter houses at Chicago and elsewhere. Even the savage lust for battle is worthy of more respect than this. Truly, do we need reawakening to an almost bygone manhood.—New Century Path.

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Preventive Medicine.

RELATION OF PREVENTABLE SICKNESS TO TAXATION.

By John H. Kellogg, M. D., Superintendent of Battle Creek, Mich.,
Sanitarium.

(Reprinted from the Annual Report of the Michigan State Board of Health.

The materials which I have employed have been chiefly the "Biennial Reports of the Board of Corrections and Charities," the Abstracts of Reports of County Superintendents of the Poor, the Annual Abstracts of Statistical Information Relative to the Insane, Deaf, Dumb, and Blind, of the State of Michigan, and the Annual Registration Reports prepared by the Secretary of this Board.

The first question to be settled is, "What shall be considered as preventable diseases," in this investigation? In the light of modern researches respecting the nature of disease and its relation to physical causes, it is evident that nearly all diseases of every description are clearly preventable. The ancient notion that diseases are the inflictions of demons, benign or malignant, faded away with the mists of the Dark Ages; and tho numerous subtle forms of the theory survived in various medical doctrines till near the present day, the modern discovery of germs and microscopic life and their relation to the human body, and the study of various causative influences too numerous to mention in this connection, and the more recent comparative investigation of meteorolgy and vital statistics conducted by this Board under the direction of its secretary. Dr. H. B. Baker, have settled beyond the possibility of question, the fact that disease is not an infliction, but, in the great majority of instances, is a disarrangement of the bodily functions the prevention of which in most cases lies within the power of the individual.

In this investigation, however, we will

confine ourselves, at first, at least, to the consideration of such diseases as are believed to be readily preventable by such means as can be easily commanded by the proper authorities. In this class, we may safely include the following maladies: diphtheria, scarlet-fever, small-pox, chicken-pox, whooping-cough, typhoid and typhus. fevers, erysipelas, puerperal fever, croup, cerebro-spinal meningitis, cholera, and dysentery. With one exception, all of these maladies belong to the zymotic group of diseases; and while all are not clearly proved to be either infectious or contagious, the causation of each is sufficiently well settled to make it clear bevond question that unsanitary conditions constitute a prime factor in the development of the disease and particularly in increasing its fatal tendencies. Hence it is wholly allowable to consider them as preventable diseases, since the fatality arising from them would almost wholly disappear were the proper sanitary precautions taken. Perhaps the question would arise respecting the affection known as cerebro-spinal menin-There is not wanting, however, high medical authority respecting the causation of this malady which justifies this classification of the disease, as do also many of its well-known characteristics. Under this name we have also included the cases reported as spinal fever, spinal meningitis, and spotted fever, considering these to be only other names for the same malady. Tubercular consumption, venereal diseases, and, in part, insanity and diseases arising from intemperance, might perhaps with propriety be included in the list: but for the present at least, we will confine the consideration to the firstnamed diseases.

Our next inquiry shall be as to the number of persons who are led to seek assistance from the state in consequence of indigence arising from sickness with the above-named diseases. The whole number of inmates of the various poor houses of the state during the year 1879-80 was 7,806, of whom 1,172 were reported to have become dependents of the state thru sickness, altho the nature of the dis-

ease is stated in but a small proportion of the cases. We need some means of determining the probable number of cases of preventable diseases, at least, approximately. This we find in a study of the causes of death as given in the Registration Reports. By reference to the Report for 1874, the last published, we find that out of 12,500 deaths 2,315, or 181/2 per cent were from the enumerated disaeses. Assuming that the same proportion of cases reported in the returns of the superintendents of the poor, were of a preventable character, we find that 216 persons, or about 23/4 per cent of the whole number of inmates of the poor houses of the state, became such by sickness directly and immediately traceable to preventable maladies as previously defined.

The number of inmates of poor houses, however, represents but a small proportion of the whole number of persons in the whole or in part dependent upon the state for support. According to the published reports of the county superintendents of the poor during the year 1879-80, there were 36,650 permanent and transient paupers outside the poor houses. The cause of indigence is reported in the cases of only 6,415, being in 2,900 of the number "sickness" or "death." Applying the same rule as before, we obtain a percentage of 8 1-3 of preventable illness, which would give 3,054 cases of preventable dis-This number may seem somewhat unexpectedly large, but it is not improbable, when we take into consideration the serious character of most contagious and infectious diseases, and the frequency with which they leave their victims maimed or otherwise disabled for life.

But still we have not learned the full number of state dependents who owe their helplessness to diseases which by the employment of proper measures might have been prevented. According to the last annual report of the State Board of Corrections and Charities, there were treated at the two asylums for the insane in this state, last year, 1,208 patients, fully one per cent of whom were deprived of their reason and rendered dependent by maladies which were wholly preventable.

This is as the matter appears in the report; but as no cause whatever is assigned in a large number of cases, and simply sickness, without any specification of the nature of the disease in many others, it is not at all improbable that double the percentage named owed their condition to the cause under consideration. We may safely say then, that at least twenty-four out of the 1,200 belong to this category.

Still another addition must be made to the list of unfortunates. According to the same report from which the above facts are gleaned, 70, or one-third of the 210 pupils at the Institution for the Deaf and Dumb, at Flint, owe their condition to diseases of a preventable character.

Lastly, an examination of the report relative to the blind shows that at least seven per cent of the number under treatment at the state institution at Flint attributed their misforture to the same causes.

The aggregate of these several classes is 3,367,—an appalling army of maimed, crippled, deaf, dumb, blind, insane, and helpless creatures, dependent upon the tender mercies of the state for shelter, food, and all other of the few comforts of life they are permitted to enjoy.

But we have not vet learned the wholeof the sad truth. Altho the facts stated indicate the minimum number of those who become dependent upon the state thru preventable sickness, there are vet many more who are equally helpless, but more fortunate in having wealthy relatives who are competent to care for them without burdening the state. Accordto the official returns, there are no less than 650 deaf and dumb persons in the state, of whom only 210 are cared for in the state institution, leaving 440 to be cared for by friends, so far as they are unable to maintain themselves. this number one-third, or 143, are known to be the result of unnecessary and easily preventable diseases. There are also 499 blind persons in the state, only 49 of whom are under tuition or treatment at the state's expense, leaving 450, of whom 31 were made blind by the diseases considered in this paper as preventable. The number of this class of unfortunates is still further augmented by a number of persons who are partially deaf or deaf and dumb, 38 of whom suffer in consequence of such maladies as measles, scarlet fever, and cerebro-spinal meningitis, and nearly an equal number of partially blind persons, of whom six trace their condition to the same causes, together with 330 idiots and imbeciles, and 226 epileptics, of whom at least two per cent might have been today in the enjoyment of healthy minds and bodies had proper preventive measures been employed.

Here we have a grand total of 3,564 persons who have been deprived of one or more of the priceless faculties pertaining to physical and mental health, and rendered burdens to themselves, to society, and to the state by unnecessary and preventable illness.

Now we are prepared for the consideration of the inquiry toward which this paper is particularly directed: How much does this unnecessary sickness cost the state?

Referring to the same public documents which have furnished us the foregoing facts, we find data sufficient to enable us to approximate very closely the cash expenditure on the part of the state in behalf of these most sadly unfortunate of its dependents. According to the last report of the state board of corrections and charities, the cost of maintaining the poor during the year was \$542,586. before shown two and three-fourths per cent of the whole number were rendered dependent by preventable sickness; hence we should charge to the account of preventable diseases two and three-fourths per cent of this sum, or in round numbers. \$15,000.

The cost of maintaining the insane poor at the two asylums, exclusive of officers' salaries, repairs, etc., is reported to be \$170,000, of which two per cent, or \$3,700, must be added to the preceding amount. We must also add further one-third the expense of the instruction of the deaf and dumb at the Flint institution, or \$10,000, and seven per cent of the ex-

penses of instructing the blind pupils, or \$525.

This aggregates a net expense to the state for the poor, deaf, dumb, blind and insane—made such by preventable sickness—in round numbers, of \$29,000.

But this estimate of expense is by no means complete. We must not forget that the state has been very lavish in her provisions for the comfort and convenience of these unfortunate persons, after it is too late, in most cases, to repair the loss which they have suffered. In the two asylums for the insane, the munificent sum of \$1,267,000 has been expended, two per cent of which is solely for the benefit of persons suffering from the effects of unnecessary illness, equaling the sum of \$25,340. In the different counties of the state there is invested in property connected with the county poor-houses the sum of \$707,750, of which two and three-fourths per cent, or \$20,000, is for the same purpose. Of the \$441,000 invested in the Flint institution for the deaf and dumb, one-third, or \$147,000, is necessitated by cases resulting from preventable sickness. Thus we have vested in the various charitable institutions of the state for the benefit of paupers who were not made such thru any dispensation of Providence, thru accident, or thru ill-inheritance, but thru needless ignorance or neglect, the sum of \$192,000. To the previously enumerated expenses must be added the annual interest on this sum at seven per cent, or \$13,400, making a grand total of unnecessary expense of over \$42,000.

It may be suggested that this sum is a small item in the bill of expenses of a great state. This may be true, but there are not many purposes to which the state might apply these thousands which would aid in the material, mental or moral advancement of its citizens? The immense capital invested in unproductive institutions for the benefit of persons made dependent by preventable diseases, would, if placed at interest, in a few years amount to millions.

But the greatest loss by means of unnecessary illness is not yet apparent, for

we have not, thus far, taken any account of the enormous loss to the state and to the world in the death of useful citizens, producers of taxable property, creators of wealth. How much is a human being worth? Who can estimate the value of a human life? How much wealth will atone for the loss of a friend, a father, a mother, a sister, brother, or child? But the state knows nothing of the ties of friendship or kindred. This consideration must take into account only the actual cash value to the state of a human life. But even this is difficult to estimate. No one knows how many brilliant intellects, gifted with rare genius for invention, for discovery, for developing new wealth which may now remain forever hidden, having been sacrificed in the annual holocaust to ignorance or negligence of the use of preventive measures against the most deadly foes to human life. But leaving out of the consideration extraordinary gifts, how much may we estimate the cash value to the state of the average human life? Without professing to fix the sum exactly, suppose we estimate the value of a life at \$1,000. This sum will certainly be considered too small, but we will take it as a basis for further calculations, as we wish to make our estimate such as no one will be inclined to depreciate.

As before stated, the number of deaths from diseases, classed in this paper as preventable, during the years 1874, as reported, was 2,315. The superintendents of vital statistics states in his report, however, that he has good reason to believe that the number of deaths reported should be increased of per cent on account of the incompleteness of the returns. Adding 61 per cent gives us 3,727 as the probable number of deaths from causes readily preventable during the year 1874. Considering the death-rate to be the same for 1880 as for 1874, and increasing the above figures in proportion to the increase in the population between 1874 and 1880, we have 4,585 as the probable number of deaths from preventable diseases in the vear 1880. In accordance with our estimate that each of these human lives would have been worth to the state the

sum of \$1,000, it is evident that the state has met with a loss of not less than \$4,-585,000.

Still we have not reached the grand total of this enormous waste of human life and the material wealth of the state. According to the English parliamentary reports on benefit societies, there are twopersons sick thruout the year for each person who dies, not including a large number of cases of slight ailments and chronic diseases. This would indicate a total loss of a year's time on the part of 9,170 persons, due to preventable sick-The expenses of each sick person could not be estimated at less than \$200 each for a year's sickness, which aggregates \$1,834,000. This sum, added to the previous footing, gives the enormous sum of \$6,419,000. Adding \$40,000, theamount of loss previously shown, we have a total of \$6,461,000, which represents not a hypothetical, but an actual loss to the state, a large part of which must of course be replaced by taxation; and this lossdoes not occur once only, or once in a century or decade, but annually, and is increasing each year at a most alarming ratio.

But still the whole story is not told. Every physician of experience will readily admit that nearly all diseases are preventable, at least to a very considerable degree, provided the proper preventive measures can be applied at the proper time. In all parts of the world sanitarians are earnestly working at the problem of prevention, while physicians are as attentively engaged in curing human diseases. The paramount importance of the prevention of disease is everywhere recognized, and preventive medicine is destined to be the medical science of the future.

But, aside from the advantages which may arise from the employment of special measures of prevention, every physician of experience as well as every sanitarian is well aware that still greater benefits may be derived from attention togeneral hygiene in the prevention of a large share of the ailments which annually swell the mortality lists; and it is fair.

to conclude that the lack of information on these subjects which generally prevails among the common people is a prolific cause of sickness and death and thus of

pecuniary loss to the state.

Taking all these facts into consideration, it is in the highest degree probable that if the whole truth were told, preventable sickness might be justly charged with being an expense to the state of Michigan of not less than \$10,000,000 annually. Estimating the loss in other states to be no greater in proportion to the population, we have an aggregate loss to the whole United States of not less than \$300,000,000 annually, an amount which would pay the whole of our national debt in six years.

Appalling as these figures are, they are none too large to represent the pecuniary loss alone, and do not represent anything of the still greater loss entailed by the death each year of thousands of citizens

who are needlessly torn from their friends, from society, from positions of honor and usefulness in the state by the ruthless hand of preventable disease.

In view of these facts, it is too painfully apparent to need special emphasis that the protection of its citizens from the ravages of preventable maladies is one of the most important economies to which the attention of a great state can be directed, and that no department of the public service is of greater consequence to the material interests of the state than that devoted to the public health.

The most effectual means of combating diseases which are not the result of unavoidable causes is by the wide diffusion among the masses of the people of knowledge respecting the nature of preventable diseases and the best means of prevention, as well as the principles of general hygiene, by which all maladies may be in a great degree prevented.

Youth's Department,

CHRISTMAS ROSES.

James Miller was a man of wide culture and high ideals, but was careless of the common concerns of life; thus when an unknown heart affection cut him off suddenly his orphan daughter was left to face the world in a penniless condition. She had come to Boston in the spring of the year with a few cents in her purse —all she possessed in the world—but with a heart determined to fight bravely her own battle, and to pay off, if possible, some debt still remaining in Melvin. For such a task she was not altogether unequipped, having received a first-class musical education, which she now intended putting to proof. For a few months before the summer vacations she had been fortunate in securing a temporary post in a young ladies' school, but when the new session began her services were no longer required, and, tho she applied in every direction for music pupils or musical engagements, her efforts

were wholly unsuccessful. Naturally she was a brave, high-spirited girl, but the desperate battle she had fought during the past three months had left her hopeless and despairing. She looked her twentyfive years to the full as she sat bent over the fire, her large mournful brown eyes fixed on the smouldering embers, and her sweetly-outlined face pale and weary with thought. Suddenly the loud clanging of bells fell on the evening air—the bells of the church summoning its members to Startled from her thoughts, Madge shrugged her shoulders impatiently, and the next moment her eyes welled up with tears, and her lips moved in a half-articulate prayer—

"Oh, God, save me from bitterness and unbelief. Give me some little joy to be thankful for, even as other, on this holy

Sabbath evening."

The words had scarcely found utterance when steps outside her sitting room door made her spring to her feet, and in another moment Mrs. Mayor, her well-

intentioned landlady bustled in. "A letter for you, Miss!" she exclaimed, holding up the missive with a self-satisfied smile. As soon as the door closed behind Mrs. Mavor, Madge drew her letter from her pocket with feverish haste, and scanned the unknown handwriting on the envelope. It bore the Boston postmark, and with a faint hope that it might be an answer to a modest advertisement she had inserted in the evening paper, she broke the seal. It ran thus:

"Mill Street.

"Mrs. Coalson having been disappointed at the last in securing a pianist for a private dance tomorrow evening, at eight o'clock, she writes to ask if Miss Miller is still disengaged. Mrs. Coalson will be obliged by an immediate answer in person."

The words were stiff and formal enough, yet they sent the lifeblood rushing thru Madge's veins. Here, at the very moment of its utterance, was an answer to her prayer. Without loss of time she dressed herself and set out for Mill street. There had been a heavy fall of snow in the afternoon, but the skies were now clear and starry, and a radiant moon rode over the white roofs and chimneystalks, showing the town in a truly win-A walk of half an hour ter aspect. brought her to Mrs. Coalson's door, and she was admitted at once to that lady's presence. She was alone in her beautiful, spacious drawing-room, and on Madge's name being announced she rose and greeted her with great frankness. thankful to see you," she exclaimed. "The girls were so anxious about tomorrow evening they could scarcely make up their minds to fulfill tonight's engagement; but I persuaded them to go, saying you would be certain to turn up, and I do hope, now that you have come, that you will suit our requirements. You have testimonials, of course; but I never place much faith in such. I have been too often deceived. I prefer a personal interview always. Would you be good enough to sit down and play over one or two waltzes and quadrilles?"

"Assuredly," Madge at once responded,

scarcely able to check a smile at the lady's garrulousness.

"You will find plenty of music there; my girls are so very musical," continued Mrs. Coalson.

"Thank you," Madge returned again, "but as a rule I play without music," and seating herself at the grand piano, she began to run her fingers over the keys. She had the soul of a true musician, and as the finely-tuned instrument responded to her delicate touch she became almost oblivious of her surroundings.

"Charming! Delightful! I ask no further testimonial from you than the rendering of these pieces," exclaimed Mrs. Coalson, enthusiastically.

"After all, Herr Frater's little indiscretions will be no misforune to us."

Tho inwardly disposed to regard Herr Frater's little indiscretions as a matter for thankfulness, Madge agreed that it was certainly very shocking, and after making a few final arrangements with Mrs. Coalson, she took her departure. In her present uplifted mood she keenly enjoyed the walk thru the quiet moonlit streets. of the east end, and purposely chose the longest way home. She was walking leisurely round the gardens in Charlotte Square, when her eyes suddenly fell on some object in the snow, and, stooping down, she saw that it was a lovely bunch of Christmas Roses framed in a delicate setting of maidenhair fern. "Christmas roses! Oh! how exquisitely sweet!" she exclaimed to herself, and, lifting them, shook them free of the snow, which was no whiter than the blossoms thémselves.

"Some one must have dropped them, yet there is no one in sight; and I may as well take them as let them lie there and die."

She paused beneath an electric light to inspect them more closely, and as she looked a rush of tender memories filled her heart. The old garden at Melvin had been famed for its Christmas roses, and a sthe season came round year after year she had been wont to pluck great bunches of the snowy blossoms, sometimes scarcely knowing how to dispose of

them all, they grew in such luxuriance. At that moment she heard steps in the snow, and, looking up, she saw a gentleman making his approach hastily. He was young and handsome of figure—that was the most she noted—except that he seemed to regard her with some curiosity as he passed by. She was seized with a momentary feeling of uneasiness that the roses might be his, but on second thought concluded that such could not be the case. as he had come in the opposite direction. So she pursued her way onward, holding the roses in a firm grasp, and glancing at them again and again with quiet jov, vet little dreaming that they were the first link between the present and the golden days the future held in store.

II.

Before seven o'clock next evening Madge adorned herself in a black lace gown, which she had not worn since she left Melvin, and, glancing at the roses arranged in a glass dish on the cabinet, it struck her that a cluster of them would do much in the way of relieving the sombreness of her attire; so with deft and artistic fingers she made a lovely spray of the roses and maidenhair, and fastened them in the bosom of her gown. She had promised to be at Mill street before eight o'clock for the purpose of discoursing music while the guests assembled. ing thus occupied, Madge did not observe the various guests as they assembled: all she was conscious of was that the room was gradually filling up with a gay throng of young men and maidens, and punctual to the hour the music for the first dance was requested. The time seemed to pass very quickly, and, tho Madge was not otherwise weary of her task, her fingers began to ache a little with the constant exercise. About ten o'clock, however, Mrs. Coalson came up and suggested that she should go down stairs for some refreshment, her nephew having undertaken to supply the music during her absence. Mrs. Coalson saw her comfortably seated in the dining room. There were several young ladies and gentlemen seated in odd corners about the room, dis-

coursing in a lively fashion while they refreshed themselves with the table eatables. A solitary feeling stole over Madge as she sat alone watching their gaiety. But only a few minutes had passed when a little old lady appeared in the doorway and glanced all round the room till her eyes lit on Madge; then she came straight towards her. "I have been waiting all evening to speak with you, my dear," she said in the kindest of voices, and beamed on Madge the sweetest smile she had ever seen on an old lady's face. "These young folks upstairs are such tireless dancers," she continued, "you had never a moment's respite from the piano, and, tho I was sitting doing nothing myself, I was afraid to come and speak in case I might disturb you. She drew a breath and sat down beside Madge as she finished this speech; then without waiting for any responses other than the grateful light in Madge's eves, she went on again—"You will not set me down as curious, I hope, if I ask whether you are a stranger in Boston? Something in your face reminded me of an old friend and your name, too, is familiar."

"Yes, I am a comparative stranger," replied Madge. "I came to the town nine months ago, when my father died."

"James Miller, who lived at Melvin?" added the old lady, her words falling with startling clearness on Madge's ears.

"How do you know my father's name," she faltered in surprise.

"I do not know it for certain. I have merely guessed at it," returned the old lady.

"You are indeed, then, the daughter of my old friend, May Anderson—James Miller's wife?"

"Yes; that was my mother's name," said Madge, softly; "but I never knew her. She died when I was a mere child."

"Ah, I thought I could not be mistaken!" exclaimed the old lady, laying a soft hand on Madge's while her bright eyes glistened with tears.

"Many, many years ago May Anderson and I were at school together; no friends were ever so close, so intimate as we, vet when she married late in life, as you; know, we somewhat drifted apart. You can guess with what anxiety I have waited this evening for certain proof that you were May Anderson's daughter, and now, when I see your face closely, I fear you have suffered many cares and hardships during the past months; there are lines written here which should not be in the face of one so young."

"It is almost more than I can bear to hear you speak thus to me," said Madge in tremulous tones. "I have been so friendless and lonely ever since I left dear Melvin. Yes, I have had a terrible struggle, and till this engagement here was put into my hands unexpectedly, I did not know where to turn for help. It has been the first ray of light in the dark for many, many weeks!"

"Hush, child, do not think of it any longer," added the old lady tenderly. "I feel strongly that Heaven has something to do with our meeting here tonight, and if it lies in my power at all, these days of darkness you speak of are over forever. But this is neither the time or the place to discuss such matters. My son has taken your place upstairs, and as soon as you are ready, we might go up, and I shall introduce you."

A few minutes later they went upstairs together, and when the old lady had found a seat for her near the piano she stepped up to her son, who was busy playing a waltz for the dancers, and whispered something in his ear. He did not pause in his playing, but gave his head a suggestive little nod, as if he found much satisfaction in her words, and while he played to the end of the waltz, Madge availed herself of the opportunity of studying him carefully. There was everything in his appearance to suggest relationship with the little old lady, only his figure was tall and loosely knit, whereas hers was small and compact. His face wore the same keen, alert look; his cheeks had a touch of the same ruddy hue, and, he did not seem much above thirty, the shock of hair rising upright from his broad, intellectual forehead was plentifully sprinkled with grey. Whenever the signal was given that the waltzers were tired out, he jumped with alertness from the piano stool and came towards his mother and Madge.

"I am pleased to make your acquaintance, Miss Miller," he said, using a formal speech, which did not seem to fall naturally from his lips, and after a moment's survey of her face his grey eyes with an odd expression in their depths, rested on the cluster of roses in the bosom of her gown.

"You have not hurried yourself, I hope;" he then added, "I can easily take your place again, and let you rest a little longer."

"By no means," returned Madge, feeling a slight constraint beneath the keen glances of the young man's eyes. "I can play a long time without feeling tired—indeed, I prefer to play rather than sit idle."

Very soon the call came for another set of quadrilles, and tho she played on with seemingly unabated zeal, Madge's thoughts were no longer in her work, but wholly absorbed in the little old lady and the young man with the enigmatical expression on his face. The clock had just struck twelve when the little old lady came to her again.

"I am going home now, dear," she whispered in Madge's ear, fearing to interrupt the flow of music, "but you must call on me tomorrow without fail. Here is my address; good-bye."

Dropping a card on the keyboard, she flitted away as hastily as she had come, and, tho unable to pause in her playing, Madge managed to read the address It was strangely familiar, but she remembered at once where she had seen it before. The same name was inscribed on a favorite volume of poems, treasured because it had been her mother's, and often during the past months of loneliness Madge had wondered who Mrs. Allan Stewart had been, or if it was possible that she was still in the land of the living.

III.

"You had no difficulty in finding the house I hope, dear. Do you know, I have

been quite anxious for the last hour in case you should not come—my own folly, of course. I began to look for you far too soon."

These were the words with which Mrs. Stewart greeted Madge when she stepped into her drawing room the following after noon.

'No. 3 Peel Row is easily found," replied Madge, smiling at the old lady's anxiety to see her comfortably seated. I purposely waited a little longer in case you might want a nap after last night's fatigue."

"How thoughtful of you, dear, but I never do sleep during the day," was the immediate response. "You are not feeling tired yourself, I hope. It would be one o'clock this morning before you got home?"

"Instead of feeling tired, it is a long time since I felt so well," Madge answered cheerfully. It was such a pleasant change having something to do after the long idleness I have endured, and I am buoyed up with the hope that last night's engagement may lead on to something else."

"Of course it will, my dear—in fact, I have made almost sure of it," said the old lady with a merry twinkle in her eyes. "I sent Allan out this morning with a letter to an old friend of mine who has a private school for young ladies in Sharon, having heard from her privately only the other day that she would require a new music mistress very soon. Her niece has filled the post for some years, but it seems she is to be married early in the spring. Of course, I gave you a splendid recommendation, and asked for an immediate answer, which Allan brought back with him. You are to go out tomorrow morning to see Miss Grubb, so you cannot accuse me of losing any time on your behalf I"

"How can I ever thank you enough!" exclaimed Madge, leaning forward and gazing with soft luminous eyes into the old ladv's face. At that moment the door opened, and Allan Stewart walked in with a somewhat guilty expression on his face.

"Good afternoon, Miss Miller; I hope

you will forgive this intrusion. It was partly because you were here I risked coming in."

Madge made some smiling response, and as she did so thought, for the second time, that Allan Stewart's eyes rested curiously on the Christmas rose she had fastened in the buttonhole of her coat. The evening passed like a dream, full of deep delight and joy, for never, even in the old days at Melvin, had she tasted the pleasure of such congenial society. The next morning saw her appointed music mistress in the young ladies' school at Sharon, and she was to enter on her duties after the New Year recess. The New Year dawned bright and full of hope, and not the least of the blessings for which Madge was daily thankful were the true friends she had found at No. 3 Peel Row. So the months passed on till one evening in the end of October the friendship with one of these friends reached an unexpected crisis.

Madge had been visiting at Peel Row, and, tho Allan Stewart was not home from his law office, she met him at the corner of the street, whereupon he insisted on turning back and seeing her into a Sharon car, her lodgings being now out in that direction. It was a dark, starless night, with a snell bite in the wind which made Madge draw her furs closely about her.

"A bitter night, isn't it?" exclaimed Allan. 'One almost smells snow in the air, and it is a trifle early for it yet—not that I mind much tho it does come. I have not the abhorrence of snow I once had. Something which happened in the end of December last year mitigated my feelings of dislike. You can't guess what it was?"

"How could I?" she returned, gaily, never for a moment dreaming what was in his thoughts.

"Just this," he went on, his voice taking a strange deep undertone. "It was out in the snow I saw you for the first time. Perhaps you can recall the occasion. You were standing beneath an electric light in Charlotte Square looking at a bunch of Christmas roses you had

found in the snow!"

"It was you who pas claimed. "Oh, I remen. it all now, and you looked at me so od... I feared afterwards the roses might be yours."

"And so they were," he answered quietly. "I was taking them home to my mother, but dropped them somehow, and when you saw me I was on my way back searching for them. Of course, when I saw them in the possession of a young lady who seemed so charmed with them that she was even pressing them to her lips, I would have had the heart of a monster had I demanded my property. thought I had seen the last of my Christmas roses, but Fate had arranged otherwise, for when I stepped into my aunt's dining room next evening who should I see but the same young lady, wearing a bunch of the roses she had found in the snow."

"Oh, I wish you had asked them back at the first," said Madge in blank tones. "It makes me feel ashamed yet to think that I was wearing your roses, and that you knew it."

"I am sorry you feel ashamed," he returned eagerly. "I have been so proud every since that you wore my roses, and have been dreaming constantly of late of a time when you would perhaps wear them again. Madge, don't you begin to understand me a little? I have loved you ever since I saw your face beneath the light in Charlotte Square, and have tried patiently all these months to win your love. I want you so much, and at once. It seems needless for either of us to wait any longer. The season of Christmas roses will soon be here; will you wear them again, Madge—as my bride?

"It is so unexpected," she said tremulously, but she let her hand remain in his firm, tender grasp, and when, the next moment, she raised her brown eyes to his he had no doubt of her answer.

"Yet, Allan, either for love of the Christmas roses or for you, I cannot refuse to wear them again."

HENRY NICOL ADAMSON.
American Fork, Utah.

Wisdom in Wit,

THREE TRUSTS.

Three great trusts in Gotham
Watered their stocks immense,
If our trust-buster'ed been stronger,
They be there no longer.

OLD KING COLE.

Old King Coal
Was a sordid old soul,
A sordid old soul was he.
He hoisted the price
Not once, twice, but thrice,
And tittered in ghoulish glee.

OLD MOTHER HUBBARD.

Old Mother Hubbard
Went to the cupboard
To get her poor dog some meat.
But when she got there
The eupboard was bare,
For the beef trust had cleaned it complete.

—The Commoner.

SPRATT AND WIFE.

Jack Spratt could find no fat,
His wife could find no lean;
Because the trust in meat, you see.
Appeared upon the scene.

So Jack Spratt lived on hope,
His wife lived, too, on air,
Because the meat trust day by day
Had done them up for fair.

—Selected.

Don't take the compliments paid you too seriously. A girl who has been told that she recites pathetic pieces with the artist's sob in her throat, will go east to-study ,tho her mother really needs her on wash days and her father can't afford the money!

-0-

O jealousy! thou magnifier of trifles!'
—Schiller.

Our Boys and Girls.

CHRISTMAS IXACOUNTRY HOME.

By Katie Grover.

--- "Little folks," said papa, as he and manima entered the room where the children were playing—all but eleven-yearold Nellie, who was off in a corner with her back to the others, making Christmas presents—"little folks, listen. Mamma and I have been thinking about poor Aunt Norah, who lives so far away, and we would like very much to send her the money to come and spend Christmas with us, if you are willing to do without any Christmas presents. Now, decide, shall Santa Claus give us the money to send for Aunt Norah and Georgie, or would you rather he brot you your usual Christnas books and games?"

Hesitation and disappointment were written upon each little face, then Charlie

said, very slowly:

"I don't see how I can get along without the 'Youth's Companion' next year.

"And I've been waiting ever so long for Christmas to come, so Santa Claus would bring me a dollie," pouted May.

"Sana Kaus b'ing me dollie," lisped

baby, climbing upon papa's knee.

"Let's have auntie come," came from the corner, "I did want 'Little Women' this Christmas," and Nellie sighed, then went on with a smile, "but, O, how dclightful to have auntie here! I am willing, papa."

"Well," and Charlie drew a long

breath, "I guess I am, too."

'Me, too," echoed baby, putting her little arms about her papa's neck. "Me, loves 'ou, papa, me, too.'

"Why is May crying? What is the

matter, little girl?"

""I want her to come," sobbed May,

"but I want a doll, too."

She rushed out of the room before anyone could say a word. Papa kissed the children, pronounced them unselfish darlings, then put on his hat.

"I am to send for Aunt Norah, then?" he queried, as mamma followed him to the door. "I hate to disappoint the children."

'They will be all the happier,' mamma replied, 'if required to make this sacrifice. I have a few things already for them. I made Charlie a new overcoat out of your old one, and each of the girls a dress out of my old ones. Nellie, dear little puss, has made them all a pair of mittens, and hemmed some handkerchiefs. We shall do famously without the usual candy and nuts, too, for we have pop-corn, apples, and I will make some candy."

"Dear little mother," kissing her fondly. "No matter how little we have to get along with, you always manage to make

both ends meet."

"We are perfectly happy, dearest, and that is all I ask,"

"And have the sweetest children in the world,' he added, as he kissed her once more, and then hastened away to his

This was only a poor working living in the country, but the he was poor and had to work early and late, he was happy and hopeful, for there was always a sweet cheery face to greet him when he returned home at night, and four wee treasures at the window watching for papa. They were such a happy, contented little family, and the secret of all their happiness was that the goddess of love ruled their hearth. No harsh words, no contentions, or misunderstandings between husband and wife, and the same delightful peace and congeniality was seen among their little ones.

The day before Christmas Aunt Norah and Georgie arrived. The latter was a handsome little fellow with large brown eves and curly hair.

"Isn't he pretty," excuita struggle looks just like a littlems to be we must climb for. curls."

"'Ike a 'ittle upon life's tree.

baby.

"Ain't like satisfied 'till thou, flashing eyes climbed and plucked the Apple, mamma andg on the topmost bough." "I think he looks like a little man," and mamma stroked his curly head, and put a large red apple in his hand.

Then Charlie took him down to the barn to see the Jersey cows and their tiny calves, the horses, the chickens, and the big turkey gobbler which papa was even now trying to catch.

"Ain't he a whopper?" shouted Charlie. "We're going to eat him for dinner tomorrow We'll help you catch him, papa."

Meanwhile mamma and auntie had sat down for a few minutes to talk over old times.

"You remember when we were little girls," said auntie, "and the mischief and fun we used to have. I often think of how we would get together and feel bad for all those who were dead, and one day we really did get to crying in earnest. Then mother came in, and how plagued we were when she made us tell what we were crying about."

"Yes, and then you know that other time when you all went to the city and left me home with Aunt Martha, and Tom came in and got me to taste a brown powder which he had, and then told me that it was strychnine. Aunt had gone off to spend the day, and I was nearly frantic. I thought my last hour had come, but scrubbed my mouth out with soap and water, and then sat down and wrote my farewell message to mother and aunt. Then, after that good-for-nothing rascal had me frightened almost to death he said that it was nothing but maple sugar which he had given me."

Their eyes shone and their faces grew young and girlish again as they recalled their youthful pranks. Then mamma went lously, buting and Aunt Norah sat down firm, tender grass boy a new suit of moment, she raised? Charlie's old ones, he had no doubt of her corgie some mit-

"Yet, Allan, either fog him a scrap Christmas roses or for yo.

fuse to wear them again." around the HENRY NICOL AI opped corn, American Fork, Utah. 11 ten it came

Georgie's turn he stood up very straight and said:

"Once there was a great big man with whiskers, and he loved his mamma ever so much, and his hair was just as short and straight as—as anything, and that man is me when I get growned up."

They all laughed, his mamma kissed him, and now it was time for baby to tell her little story. She looked at Georgie, smiled on him and then lisped:

"We want to be a date big man, too, like Dorgie, with turls just as st'aight as anyfing."

Now it was time for them to go to bed; but first they had to sing their kindergarten songs for Aunt Norah, and baby and May lispe! their little prayer at mamma's knee. Then all but Nellie ran away to bed, and the older folks sat down to spend a pleasant evening. In the midst of their conversation the door opened abruptly, and May and baby rushed in full of excitement.

"Papa, both Charlie and Georgie say there isn't any Santa Claus at all."

"Yes there is my darlings. I saw him only today, and he says that May and Ina and Nellie are the dearest little girls in this house," and papa took them both in his arms and whispered something which seemed to please them greatly. He carried them back and tucked them snugly in their little bed, scolded Charlie just a little, then came back.

"Papa, how many girls have you?" asked mischievous Nellie, as she came up behind him and put her arms around his neck.

"Four, with mamma," he promptly replied.

"And do I come in last?" this from mamma, rather reproachfuly.

"Yes, sweetheart, both first and last and in between."

He read to them from Dickens' "Cricket on the Hearth" for a while, then it was time to make ready for Santa Claus. There was a nice evergreen tree which papa had gone to the canyon for himself and kept it a secret from the

children. He brought it into the room and fastened it down, then tied the apples on, while the others decorated it with popcorn and hung on the children's new clothes, and various other little trifles made by Nellie and May. There were dolls for May and baby hanging in the top of the tree, a book for Georgie, and several other things which mamma brought out after Nellie had gone to bed.

"I am glad that we were able to get our darlings just what they wanted most, after all," said papa, as he put Nellie's longed-for "Little Women" on the tree. "What matters it if we did have to stint ourselves a little in order to do it. They

deserve it, bless them!"

What need to tell of the joyful surprise next morning when the children got up and saw that Santa Claus really had come after all. They clapped their hands and shouted and screamed with delight.

"Papa, mamma! Santa Claus did come, anyway," they cried, all rushing into the

bed-room.

Papa smiled, kissed their eager little faces, then said: "Yes, my darlings, Santa Claus came because you were so willing to give up everything. He always has to come to good children, you know." K. G.

MOTHER'S COMFORT.

I know a little girlie,
With loving eyes so blue,
And lips just made for smiling,
And heart that's kind and true.
She wears no dainty dresses,
No jewels does she own;
But the greatest of all treasures
Is her little self alone.

Her name is "Mother's comfort,"
For all the livelong day
Her busy little fingers
Help mother's cares away.
The sunshine loves to glisten
And hide in her soft hair,
And dimples chase each other
About her cheeks so fair.

Oh, this darling little girlie,

With the diamonds in her eyes,
Makes in mother's heart a sunshine
Better far than floods the skies!
But the name that suits her better,
And makes her glad eyes shine,
Is the name of "Mother's Comfort,"
This little treasure, mine.

-Selected.

WHO WILLIAM IS.

When William clears the table,
And carries out each plate,
And piles the cups and saucers,
He says his name is Kate!

And when he dons his overcoat And mitts and leggings trim, And sallies forth to carry wood, Why, then his name is Jim!

But when he dresses in his best,
With collar stiff and white,
To promenade upon the street,
He's William Horace Dwight!
—Little Men and Women.

AN APPLE AND A MORAL.

By Elizabeth Ruggles.

One day we were in the orchard Shaking apples from a tree, When a sturdy little laddie With this question came to me:

"Can you tell me why the apples
That we don't want always drop,
While the very ones we long for
Stay way up there at the top?"

And I answered: "If all apples
Without effort were obtained,
We'd ne'er know the joy of climbing,
Nor how victories are gained.

"What we have without a struggle Of less value seems to be Than the apple we must climb for, Hanging high upon life's tree.

"Gather, then, what lies before thee,
Nor be satisfied 'till thou,
Too, hast climbed and plucked the Apple,
Hanging on the topmost bough."

A WEATHER RHYME.

When the weather is wet,
We must not fret;
When the weather is cold,
We must not scold;
When the weather is dry,
We must not cry;
When the weather is warm,
We must not storm.
But be thankful together
Whatever the weather.

—Selected.

JOHNNY'S PA.

My pa always went to school,
He says, and studied hard;
Why, when he's just as old as me,
He knew things by the yard!
Arithmetic? He knew it all,
From the dividend to sum;
But when he tells me how it was,
My grandma says, "Hum!"

My pa always got the prize
For never being late;
And when he studied geography
He knew about every state;
He says he knew the rivers and
Knew all their outs and ins.
But when he tells me all of that,
My grandma just sits and grins.

My pa never missed a day
A-going to the school,
And never played hookey, nor
Forgot the teacher's rule;
And every class he was ever in
The rest he always led.
My grandma, when pa talks that way,
Just laughs, and shakes her head.

My grandma says that boys are boys,
The same as pas are pas,
And when I ask her what she means
She says it is "because."
She says that little boys are best
When they grow up to men,
Because they know how good they were
And tell their children then.
—Baltimore American.

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IMPORTANT ANNOUNCEMENT.

Beginning with Vol. 18, January, 1905, we shall adhere strictly to the rule requiring payment in advance for all subscriptions. Subscribers will be notified when their subscriptions have expired, and they will be invited to renew; but if they are not heard from directly or thru our agents, their names will be taken from the list. This announcement does not apply to those who are now delinquent and who have continued to receive the magazine; such may have the magazine discontinued by paying for the copies received at the rate of 10 cents each, or \$1 per year. When our readers know that it is costing a great sacrifice of time and money to publish the Character Builder, we believe that none will continue to receive the magazine without intending to pay for We hope that every delinquent subscriber will meet his obligation before Jan. 1, 1905. As a special inducement to our subscribers or those who wish to become subscribers, the following liberal offers are made and will be in force until Jan. 15, 1905:

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Index to Volume 17, Old Series, and Volume 5, New Series.

Are We Pagan Yet, or Christian? (Poem)	Hygeo-Therapy 25
	Happiness Makes Happiness143
A Merry Heart Doth Good	
	Impurities Around the House 53
	If Truth Should Prevail 82
American Medical Missionary College,	Ignoring the New Until the Quacks
The 58	Force It Upon Us
Antitoxin Fake, The 94	Jos. Cook on the Study of Heads250
Athletic Sports151	Juvenile Criminal Courts 35
Bryan Condemns War 16	Kingdom of Home, The. (Poem.) 51
Beware of Headache Powders 60	Lawless Conditions 43
Before It Is Too Late. (Poem.) 63	Lesson in Unthrift
Brain Pictures 78	Little Sketch, A (Poem.)172
Born and Called Nurse, A	Mirror of the Mind
Blount's "Gospel of Simplicity" 82	
	Magazines Advertising Liquor 17
Beware of Catarrh Cures 93	Medical Intolerance
Cocaine Habit, The	Motor or Motive Temperament, The 75
Christmas Roses267	Meat Substitutes 90
Christmas in a Country Home273	Massage and the Medical Profession 92
Colors 42	Mother121
Christian Science 62	Moral Education253
Case of Senator Hanna, The 94	Mechanical Treatment of Whooping
Contribution to the Literature of Sexual	Cough
Morality, A 117	Newspapers Cause Crime 16
Delineation of Newton N. Riddell 39	New Aspect of Love 42
Bouble Standard, The	New Books 57
Decline of Journalism	New Doctrine of Labor
Dr. Osler's Prophecy	New Therapentic Era, A 92
Delineation of Charles R. Savage 72	New Industry, A 183
Don't Push Them	Our Boys and Girls . 32, 65, 99, 132, 165, 199
Dietetics of Moses, The	Object of Physical Education, The217
Different Ways of Cooking Food 89	Prejudice Retards Progress 1
Delineation of Prof. Evan Stephens 245	Poem 4
Dr. N. N. Diddell, The Phrenologist249	Pure Food. (Poem.) 25
Diet of the Jolos	Planes of Life 38
Delineation of Supt. A. C. Nelson107	Preventive Medicine 91, 157, 191
Delineation of Dr. John R. Park140	Pursuit of the Appendix, as Sport 93
Druggist, The. (Poem.)142	Poems 98
Delineation of Pres. J. T. Kingsbury173	Power of Co-operation
Domestic Science	Physical and Moral Education115
Don't Be Vaccinated	Plea for a Simpler Life, A122
Don't Be Vaccinated	Phrenology and Physiognomy175
Delineation of Dr. John T. Miller209	Principles of Phrenology
Dr. Karl G. Maeser, the Phrenologist. 211	Preventive Medicine
Educational Notes12, 77, 112, 144, 176 213	Publishers' Page
Education of the Future, The 48	Responsibility of Parents 18
Effect of Fear, The111	Reasons for Opposing Vaccination 20
Educational Notes	Rheumatism 22
Every Mother a Trained Nurse123	Recitation Method Wrong 46
Food Preservatives and Food Adultera-	Ruskin University 69
tions	Ring Out the Old. (Poem.)121
Family Prayers	Study of Temperaments 5
For Us. (Poem.)	Science of Phrenology 7
Friend and Enemy. (Poem.) 64	Sleep of the Trees, The. (Poem.) 28
Fourth of July Celebration71	Sanctity of Marriage
Fever 95	Silent Growth. (Poem.)
	,
Faces. (Poem.)	Song of Peace, A. (Poem.)
Function of Correspondence Schools205	Simple Living
Give Him a Lift. (Pcem.)	Suggestions on Home Making122
Government To Be, The (Poem.) 88	Self-Discipline
God's Message to Men. (Poem.)149	Suggestions to Parents and Teachers 185
German Trade Schools	Seeds of Vice, The
How to Succeed in Life	Temperaments or Physical Types 41
Hungry for Love	Tyranny of Fashion, The 45

Tobacco and Opium 'Tis Sweet to be Remembered. (Poem.) The American Mother	$\begin{array}{c} 64 \\ 259 \end{array}$
The Head	250
Talkers and Doers	-81
Trend of the Times, The	- 88
To Thine Own Self Be True. (Poem.)	103
Tribute to Phrenology, A	110
Today. (Poem.)	115
True Function of the High School, The	170
Unfathonable Idol, The	19
Variation of Heat in Brain Stations	109
Vice Among Children	250
Visit to Tuskegee, A	149
Wisdom in Wit10, 11, 67, 101, 163,	201
What Earnest Work Will Do	45
Why Do We Eat?	51
Water Drinking	61
Wisdom in Wit	272
World's Fair	70
What Shall be Taught, and Who Shall	• •
Teach It?	84
Well Meant, but Cruel	111
What Have We Done Today? (Poem.)	137
Why Teachers Need the Character	
Builder	
Work	143
We Are Spendthrifts	143
What Should the Girls be Taught?	155
Women of the Fture, The	155
Women's Opportunities	189
Who is a Socialist. (Poem.)	208
Youth's Department 96, 127, 160,	194
Yellow Journalism Peril, The	182
Total Total Total	

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Cahool Interests and Duties Ting		
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Elements of Pedagogy, White	1.10	. 69

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